

long beach

RECREATION CONNECTION



CITY OF
**LONG
BEACH**

March - May 2022 · Registration Begins Feb 7

LB PARKS.ORG



Spring Is In the Air

LONG BEACH PARKS, RECREATION & MARINE

Welcome Back

with classes and activities for all ages

SPRING 2022

Follow us on Facebook, Instagram and Twitter





LONG BEACH PARKS, RECREATION & MARINE
AND ANIMAL CARE SERVICES DIRECTOR
BRENT DENNIS

Welcome Back to our “Recreation Connection” publication!

It has been two years, thanks to the impacts of the pandemic, that our Parks, Recreation, Marine and Animal Care Services Team has paused the printing and distribution of this valued magazine of class and program offerings. As we ease into the “new normal”, it is a great opportunity to showcase this amazing array of recreational activities once again for our community to ponder and hopefully engage in the coming months.

Throughout the eight past seasons of the COVID era, our Community Recreation Services team has been super creative and innovative in re-imagining scores of programs through Mobile Recess, virtual programming, and essential Learning Hubs. While we may have lost touch with some of our class instructors who have offered quality programs in the past, as you look through nearly 60 pages of class listings, you will find excellent options for health, fitness, arts, crafts, recreation and other leisure activities. Registration has been made easy. People may register using the online LB RecConnect catalogue, located on the LBparks.org webpage, or in-person at the PRM Administration Building, located at 2760 N. Studebaker Road. In-person registration is available by appointment only. People may schedule an in-person appointment online or by calling 1.562.570.3111.

The return of “Recreation Connection” during the season that is associated with springtime emergence of new life seems symbolically perfect. We look forward to welcoming you into fun and fulfilling classes and programs. Here’s to a great 2022!



Parks, Recreation & Marine thanks the following people for their support:

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Long Beach Parks, Recreation and Marine prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs.



**CITY OF LONG BEACH
DEPARTMENT OF
PARKS, RECREATION & MARINE**
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TABLE OF CONTENTS

MARCH - MAY 2022 VOL. 36 ISSUE 1

CITY OF LONG BEACH PROGRAMS

Adult Sports Leagues.....	26
After School Programs.....	13
El Dorado East Regional Park.....	39
El Dorado Nature Center.....	40, 41
Homeland Cultural Center.....	23
Learning Hubs.....	7
Mobile Recess.....	14
Rancho Los Alamitos.....	50, 51
Rancho Los Cerritos.....	42, 43
Senior Programs.....	21
Summer Day Camps.....	6
Teen Centers.....	15
Tennis.....	52-54
Youth Sports Program.....	12
Virtual Recreation.....	7

PRESCHOOL CLASSES

Cooking.....	4
Enrichment.....	4, 5
Music.....	5
Sports.....	5, 6

YOUTH CLASSES AND CAMPS

Cooking.....	8
Dance.....	8
Enrichment.....	9
Music.....	9
Sports.....	10, 11

TEEN CLASSES

Cooking.....	15
Enrichment.....	15

ADULT CLASSES

Arts and Cultural.....	16
Dance.....	17

Dog Training.....	17, 18
Fitness.....	18, 19
Music.....	19
Sports.....	19, 20

ADULT 50+ CLASSES

Dance.....	22
Fitness.....	22

ANIMAL CARE SERVICES

Animal Care Services.....	24
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AQUATICS FACILITIES

Belmont Plaza Outdoor Pool.....	44, 45
King Park Pool.....	46, 47
Silverado Pool.....	48, 49
Leeway Sailing Center.....	45

ADDITIONAL PARK OFFERINGS

Community Park Directory.....	31-38
Dog Parks.....	30
Facilities Map.....	28, 29
Fitness Zones.....	51
Permits and Public Spaces.....	54
Registration.....	55
Skate Parks.....	30

OUTSIDE SERVICES

Ed2Go Online Courses.....	19
Long Beach Energy Resources.....	27
Long Beach Redistricting.....	20
Long Beach Transit.....	25
Long Beach Water.....	39
Partners of Parks.....	11
Port of Long Beach.....	56

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at 1 (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.

Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.

"ដំឡើងប្រព័ន្ធបង់ប្រាក់សាងសង់សេវាប្រើប្រាស់ ក្នុងភាសាខ្មែរ ឬភាសាប្រើប្រាស់ ផ្សេងៗទៀត ទៅលើ គេហទំព័រ www.lbparks.org"

"Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org."

**Long Beach Parks
are Smoke Free**



ALL PROGRAMS AND PRICES ARE SUBJECT TO CHANGE

To opt out of receiving this Recreation Connection publication, please e-mail your name and mailing address to: lbparks@longbeach.gov. Visit lbparks.org to access the publication.

PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a nurturing social setting. Register early for classes.

COOKING



PRESCHOOL COOKING THYME!

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Great introduction to the five food groups! Great for picky eaters! Students will learn kitchen safety & rules, nutrition, spreading, pouring, peeling, rolling, tearing & tossing, stirring, basic chopping (using a plastic knife & scissors), measuring, adding ingredients, creating & being creative, and dinner etiquette & manners. Class fee: \$110. Material fee \$48

A Yummy Future **El Dorado Park West**

52251 2 Yrs 5 Mos-6 Yrs 3/12-4/16 10-10:45 a.m. Sa

52252 2 Yrs 5 Mos-6 Yrs 4/23-5/28 10-10:45 a.m. Sa

ENRICHMENT

BAMBOLEO BEBE

This joyous class is for babies 10 months to 23 months, accompanied by an adult. Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music, movement, hand play and more. Participating adults will learn traditional folk songs from all over Latin America, new songs and playful activities to take home, as well as connect with other families that are interested in immersing their children in the Spanish language. For more information please visit: www.BamboleoKids.com. Class fee: \$80.

Susana Paniagua **Heartwell Park**

51497 10 Mos-23 Mos 3/5-4/9 9:15-10 a.m. Sa

51498 10 Mos-23 Mos 4/30-6/4 9:15-10 a.m. Sa

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: www.BamboleoKids.com. Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book. Class fee: \$80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Susana Paniagua

Heartwell Park

52243 2-4 Yrs 3/5-4/9 10:15-11:15 a.m. Sa

51496 2-4 Yrs 4/30-6/4 10:15-11:15 a.m. Sa



BAMBOLEO AMIGOS

A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/reading and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation optional. For more information please visit www.Bamboleokids.com. Material fee: \$30 (\$15 per sibling) includes crafts, digital music/book. Class fee: \$80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Susana Paniagua

Heartwell Park

52244 4 Yrs 6 Mos-6 Yrs 3/5-4/9 11:30 a.m.-12:30 p.m. Sa

51495 4 Yrs 6 Mos-6 Yrs 4/30-6/4 11:30 a.m.-12:30 p.m. Sa

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space

is limited. *No class: 4/18, 4/20 & 5/30. Class fee: \$145. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Bixby Knolls Park
 51567 2-3 Yrs 10 Mos 3/2-3/28 8:45-10:15 a.m. M W
 51576 2-3 Yrs 10 Mos 3/2-3/28 10:30 a.m.-noon M W
 51574 2-3 Yrs 10 Mos 4/4-5/4* 8:45-10:15 a.m. M W
 51577 2-3 Yrs 10 Mos 4/4-5/4* 10:30 a.m.-noon M W
 51575 2-3 Yrs 10 Mos 5/11-6/8* 8:45-10:15 a.m. M W
 51578 2-3 Yrs 10 Mos 5/11-6/8* 10:30 a.m.-noon M W

READING, MATH & MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Material fee: \$20. Class fee: \$79. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
 51561 3 Yrs 6 Mos-5 Yrs 3/3-3/29 2:45-3:30 p.m. Tu Th
 51562 3 Yrs 6 Mos-5 Yrs 4/5-5/5* 2:45-3:30 p.m. Tu Th
 51563 3 Yrs 6 Mos-5 Yrs 5/12-6/7 2:45-3:30 p.m. Tu Th



READWRITE EN ESPAÑOL PREK-KINDER

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Parent participation required. Material fee: \$20. Class fee \$79. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Bixby Knolls Park
 51571 4-6 Yrs 5/12-6/7 2:20-3:05 p.m. TuTh
 51572 4-6 Yrs 4/5-5/5* 2:20-3:05 p.m. TuTh
 51573 4-6 Yrs 3/3-3/29 2:20-3:05 p.m. TuTh

MUSIC

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Class fee: \$85.

Jammin' Music Inc.

Jammin' Music

52256	3-5 Yrs	3/5-4/9	10-10:45 a.m.	Sa
52257	3-5 Yrs	4/30-6/4	10-10:45 a.m.	Sa

SPORTS



D-UP TINY BALLERS

D-Up Tiny Ballers is an introduction to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Class fee: \$60. Material fee: \$20. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

James Christian

Pan American Park

51466	3-6 Yrs	3/13-4/10	11-11:45 a.m.	Su
51467	3-6 Yrs	4/24-5/22	11-11:45 a.m.	Su

PARENT & ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. Class fee: \$135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer

Good Neighbor Park

51287	2-3 Yrs 6 Mos	4/15-5/27	9:30-10 a.m.	F
51288	2-3 Yrs 6 Mos	4/15-5/27	5:50-6:20 p.m.	F
51289	2-3 Yrs 6 Mos	4/16-6/4*	9:20-9:50 a.m.	Sa

Kidz Love Soccer

College Estates Park

51290	2-3 Yrs 6 Mos	4/16-6/4*	2:45-3:15 p.m.	Sa
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TINYTYKES YOUTH SOCCER

TinyTykes is an innovative program, created by childcare specialists that introduces children aged 2 to 5 years to the basic skills of soccer. Both our Cubs (2-3 years) and our Lions (4-5 years) modules use fundamental soccer activities, games and stories to develop their skills. Class fee: \$120. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Challenger Sports		Wardlow Park		
51462	2-3 Yrs	3/23-5/11	9:15-10 a.m.	W
51463	4-5 Yrs	3/23-5/11	10:15-11 a.m.	W

PRE SOCCER

Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age appropriate environment. Shin guards are required after the first meeting. all participants receive a Kidz Love Soccer jersey. Class fee: \$135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer		Good Neighbor Park	
51295	4-5 Yrs	4/15-5/27	10:40-11:15 a.m. F
51296	4-5 Yrs	4/15-5/27	4:35-5:10 p.m. F
51297	4-5 Yrs	4/16-6/4*	10:30-11:05 a.m. Sa
Kidz Love Soccer		College Estates Park	
51298	4-5 Yrs	4/16-6/4*	3:55-4:30 p.m. Sa

TOT SOCCER

Enjoy running and kicking just like the bog kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age appropriate environment. Shin guards are required after the first meeting. all participants receive a Kidz Love Soccer jersey. Class fee: \$135. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer		Good Neighbor Park	
51291	3 Yrs 6 Mos-4 Yrs	4/15-5/27	10:05-10:35 a.m. F
51292	3 Yrs 6 Mos-4 Yrs	4/15-5/27	5:15-5:45 p.m. F
51293	3 Yrs 6 Mos-4 Yrs	4/16-6/4	9:55-10:25 a.m. Sa
Kidz Love Soccer		College Estates Park	
51294	3 Yrs 6 Mos-4 Yrs	4/16-6/4	3:20-3:35 p.m. Sa






LONG BEACH Parks, recreation & Marine

SUMMER Day CAMPS

REGISTRATION BEGINS APRIL 9

KIDS AGE 5-12 WILL ENJOY CRAFTS, SPORTS AND MORE.
VISIT LB PARKS.ORG IN MARCH FOR CAMPS, LOCATIONS AND FEE INFORMATION.

LB PARKS.ORG

THE CITY OF LONG BEACH
PARKS, RECREATION & MARINE

VIRTUAL RECREATION COMING THIS FEBRUARY



SEARCH FOR LONG BEACH
PARKS RECREATION AND
MARINE AND CLICK ON

▶ SUBSCRIBE



FOR MORE INFORMATION
Call 1 (562)-3153 or visit LBParks.org

**Access a wide variety
of videos from arts
and crafts to fitness,
dance, cooking and
more on our YouTube
channel. Connect,
create and have fun!**



CITY OF
LONG BEACH

CITY OF LONG BEACH
PARKS, RECREATION AND MARINE

YOUTH LEARNING HUBS

FREE HIGH SPEED INTERNET ACCESS FOR ONLINE LEARNING

Monday - Friday, 8:00 a.m. - 3 p.m. Through April 15
with extended hours available until 6:00 p.m.

A Community Learning Hub for kids from K-8th grade
enrolled in Independent Study at LBUSD.
Participants must bring their own device and lunch.
After school activities are led by recreation staff.

Visit LBParks.org to register

LOCATIONS

Houghton Park, 6301 Myrtle Ave, (562) 570-1640
McBride Park, 1550 MLK Jr. Ave. (562) 570-1605
Orizaba Park, 1435 Orizaba Ave., (562) 570-1427
Veterans Park, 101 E. 28th St., (562) 570-1695

Please call park location for more information.



CITY OF
LONG BEACH

YOUTH CLASSES

As children grow, so do their interests. We offer classes that keep your youngster engaged while enhancing their abilities in music, dancing, math and reading, or staying fit with a variety of fitness and sport offerings.

COOKING

BASIC COOKING FOR KIDS

Students will receive hands-on training in a lecture and kitchen lab environment. Students will learn culinary terms and meaning, different cooking techniques, kitchen/food safety, kitchen math, measuring, food preparation techniques, hand washing, knife safety and cutting techniques, table etiquette, basic nutrition, and substitution. We will cover sautéing, simmering, stir-fry and more your child will be able to name. Identify and properly operate kitchen tools and appliances. No experience needed, for we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pit pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Material Fee \$60, Class fee: \$150.

A Yummy Future

52245	8-12 Yrs	3/12-4/16	12:30-1:45 p.m.	Sa
52246	8-12 Yrs	4/23-5/28	12:30-1:45 p.m.	Sa

El Dorado Park West

CAKE DESIGN



Make a big impression with a decorated mini cake. Learn to decorate using geometric patterns, metallic stripes, & more as you create small cakes that have big styles. Students will learn to spread, fondant techniques, the basic of filling a piping bag and the different tips. Each week the students will be given a theme to recreate on their own cake. Theme examples include decorating a lady bug, minion, camp fire, aquarium, and more. No experience neces-

sary. This is an introductory course to cake design. Cakes are 4-5 inch pre-made by a baker and available in regular & gluten free. Flavors include vanillas, chocolate & strawberry. Material Fee \$60 Class fee: \$130.

A Yummy Future

52249	8-18 Yrs	3/12-4/16	11 a.m.-noon	Sa
52250	8-18 Yrs	4/23-5/28	11 a.m.-noon	Sa

El Dorado Park West

DANCE

MEXICAN FOLKLORICO - BEGINNING



Basic step to dances of Mexico. Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and closed toe shoes for safety. Class fee: \$85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo

52289 5Yrs & Up 3/5-5/21* 10-10:45 a.m.

Veterans Park

Sa

MEXICAN FOLKLORICO - BEGINNING 11 YRS & UP NEW!

Basic step to dances of Mexico- no experience needed. Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and closed toe shoes for safety. Class fee: \$85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo

52291 11Yrs & Up 3/5-5/21* 11:30 a.m.-12:15 p.m. Sa

Veterans Park

MEXICAN FOLKLORICO - INTERMEDIATE

Must have some little type of dancing, steps to dances of Mexico and Spain. Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and dance shoes. Class fee: \$85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo

52290 8Yrs & Up 3/5-5/21* 10:45-11:30 a.m.

Veterans Park

Sa

MEXICAN FOLKLORICO - ADVANCED I

This class is fast pace with some dance experience, learning dance steps of Mexico and Spain. Must wear sweats, skirts, no jeans, wear hair pulled back in a pont tail and dance shoes. Class fee: \$85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo

52288 12Yrs & Up 3/5-5/21* 9-10 a.m.

Veterans Park

Sa

ENRICHMENT

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949)263-0633. Testing and material fee: \$20. Class fee: \$79. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
 51559 4 Yrs 6 Mos-7 Yrs 3/3-3/29 3:35-4:20 p.m. Tu Th
 51560 4 Yrs 6 Mos-7 Yrs 4/5-5/5* 3:35-4:20 p.m. Tu Th
 51564 4 Yrs 6 Mos-7 Yrs 5/12-6/7 3:35-4:20 p.m. Tu Th

Readwrite Educational Solution Inc. Mae Boyer Park
 51579 4 Yrs 6 Mos-7 Yrs 3/7-3/30 3:30-4:15 p.m. MW
 51580 4 Yrs 6 Mos-7 Yrs 4/6-5/9* 3:30-4:15 p.m. MW
 51581 4 Yrs 6 Mos-7 Yrs 5/16-6/6* 3:30-4:15 p.m. MW

MATH DEVELOPMENT 2-6

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: (949) 263-0633. Testing and material fee: \$20. Class fee: \$79. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
 51555 6 Yrs 6 Mos-11 Yrs 3/3-3/29 5:15-6p.m. Tu Th
 51556 6 Yrs 6 Mos-11 Yrs 4/5-5/5* 5:15-6p.m. Tu Th
 51566 6 Yrs 6 Mos-11 Yrs 5/12-6/7 5:15-6p.m. Tu Th

Readwrite Educational Solution Inc. Mae Boyer Park
 51585 6 Yrs 6 Mos-11 Yrs 3/7-3/30 5:10-5:55 p.m. MW
 51586 6 Yrs 6 Mos-11 Yrs 4/6-5/9* 5:10-5:55 p.m. MW
 51587 6 Yrs 6 Mos-11 Yrs 5/16-6/6* 5:10-5:55 p.m. MW

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949) 263-0633. Testing and material fee: \$20. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
 51557 6 Yrs 6 Mos-11 Yrs 3/3-3/29 4:25-5:10 p.m. Tu Th \$79

Readwrite Educational Solution Inc. Mae Boyer Park
 51584 6 Yrs 6 Mos-11 Yrs 5/16-6/6* 4:20-5:05 p.m. MW \$49

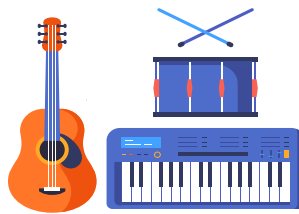
READWRITE EN ESPAÑOL 1ST- 2ND GRADE

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and math-ematic skills. This is a full Spanish immersion program. Material fee: \$20. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Bixby Knolls Park
 51570 5 Yrs 6 Mos-8 Yrs 3/3-3/29 3:10-3:55 p.m. Tu Th \$59
 51569 5 Yrs 6 Mos-8 Yrs 4/5-5/5* 3:10-3:55 p.m. Tu Th \$79
 51568 5 Yrs 6 Mos-8 Yrs 5/12-6/7 3:10-3:55 p.m. Tu Th \$79

MUSIC

EXPLORING INSTRUMENTS



Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class fee: \$90. Class

held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
 52253 7-11 Yrs 3/2-4/6 4-4:50 p.m. W
 52262 7-11 Yrs 4/27-6/1 4-4:50 p.m. W

GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class fee: \$85. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
 52254 7-12 Yrs 3/1-4/5 4-4:50 p.m. Tu
 52261 7-12 Yrs 4/26-5/31 4-4:50 p.m. Tu

KEYBOARD KIDS

Children will be guided through a variety of fun, engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class fee: \$95. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
 52255 5-6 Yrs 3/5-4/9 11-11:50 a.m. Sa
 52260 5-6 Yrs 4/30-6/4 11-11:50 a.m. Sa

ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists...learn what it takes to rock! Beginning rock techniques including power chords, simple blues and rock licks will be covered. Bring your own guitar or rent one from us. Class fee: \$85. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
 52258 7-12 Yrs 3/4-4/8 5-5:50 p.m. F
 52259 7-12 Yrs 4/29-6/3 5-5:50 p.m. F

SPORTS

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Class fee: \$60. Material fee: \$20. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

James Christian		Pan American Park
51464 7-15 Yrs	3/13-4/10	noon-1 p.m. Su
51465 7-15 Yrs	4/24-5/22	noon-1 p.m. Su

JUJITSU

Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction with 40 years of self defense experience. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. Class fee: \$45. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Russell Kelley		Stearns Champions Park
51303 6-12 Yrs	3/2-3/30	6-7 p.m. M W F
51304 6-12 Yrs	4/1-4/29	6-7 p.m. M W F
51305 6-12 Yrs	5/2-5/27*	6-7 p.m. M W F

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. Class fee: \$80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Jony Martinez		Cesar Chavez Park
51330 5-12 Yrs	3/2-3/30	6-7 p.m. M W F
51331 5-12 Yrs	4/1-4/29	6-7 p.m. M W F
51332 5-12 Yrs	5/2-5/27	6-7 p.m. M W F

SOCCER 1- TECHNIQUES & TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. Class fee: \$135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer		Good Neighbor Park
51299 5-6 Yrs	4/15-5/27	3:45-4:30 p.m. F
51300 5-6 Yrs	4/16-6/4*	11:10-11:55 a.m. Sa
Kidz Love Soccer		College Estates Park
51301 5-6 Yrs	4/16-6/4*	4:35-5:20 p.m. Sa

LONG BEACH
PARKS, RECREATION & MARINE

SPRING BREAK CAMPS

SPRING BREAK CAMPS

APRIL 18-22

9 A.M.-4 P.M., \$30; EXTENDED DAY: \$50

REGISTRATION STARTS MARCH 23

LOCATIONS

ADMIRAL KIDD PARK 1.562.570.1600	HOUGHTON PARK 1.562.570.1640	SCHERER PARK 1.562.570.1674
BIXBY PARK 1.562.570.1601	MACARTHUR PARK 1.562.570.1655	SILVERADO PARK 1.562.570.1675
CESAR CHAVEZ PARK 1.562.570.8890	MCBRIDE PARK 1.562.570.1605	SOMERSET PARK 1.562.570.1690
COLLEGE ESTATES PARK 1.562.570.1617	MARTIN L. KING JR. PARK 1.562.570.4405	STEARNS CHAMPIONS PARK 1.562.440.2867
COOLIDGE PARK 1.562.570.1618	ORIZABA PARK 1.562.570.1427	VETERANS PARK 1.562.570.1695
DRAKE PARK 1.562.570.1625	PAN AMERICAN PARK 1.562.570.3297	WARDLOW PARK 1.562.570.1705
EL DORADO WEST 1.562.570.3225	RAMONA PARK 1.562.570.1665	WHALEY PARK 1.562.570.1710

CITY OF
LONG BEACH

SOCCER 2- SKILLZ & SCRIMMAGES

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey. Class fee: \$135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer **College Estates Park**
51302 7-10 Yrs 4/16-6/4* 5:25-6:10 p.m. Sa



TRADITIONAL KARATE- BEGINNING

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Class fee: \$140. Material fee (new students): \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

David Crockett **El Dorado Park West**
51471 5-16 Yrs 3/5-5/28 11-11:45 a.m. Sa

TRADITIONAL KARATE- INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Intermediate class is for yellow belt 2-stripe and up. Class fee: \$155. Material fee (new students): \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

David Crockett **El Dorado Park West**
51472 5-18 Yrs 3/5-5/28 11:45 -12:30 p.m. Sa

Scholarships Available for Recreation Classes



Low income and foster youth ages 5 to 18 are eligible to apply for a scholarship of \$150 per year until June 30. Starting July 1, they would be eligible for another \$150, which can be applied to summer camps.

To Qualify: Parents must certify that their child(ren) is/are eligible for the free or reduced price meal/lunch at their Long Beach Unified School.

To Apply: Choose a class or camp and then go to partnersofparks.org. Click on the scholarship postcard on the homepage and complete the online scholarship application. You will be notified by email when your registration is complete. Applicants will be responsible for class or camp fees more than \$150. Apply now as classes fill up quickly! Applications must be submitted at least 5 working days prior to class start. Apply online at <http://weblink.donorperfect.com/YSApp>.



CITY OF LONG BEACH PARKS, RECREATION & MARINE

Free Youth Indoor Soccer Leagues

Season Begins April 9, 2022

Online Registration February 1-28, 2022

UNIFORM FEE: \$10, SCHOLARSHIPS AVAILABLE

INDOOR SOCCER SEASON DATES:

SATURDAYS

APRIL 9-MAY 21, 2022

PRACTICES BEGIN THE WEEK OF MARCH 21

PRACTICES HELD OUTDOORS, GAMES HELD INDOORS.

June 4th Youth Sports Invitational for teams that qualify

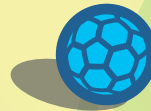
COED SOCCER

**Ages 5-8
Born 2014-2017**



BOYS SOCCER

**Ages 9-14
Born 2008-2013**



GIRLS SOCCER

**Ages 9-14
Born 2008-2013**

CALL YOUR LOCAL PARK TO SIGN UP

Admiral Kidd	1 (562) 570-1600	Orizaba	1 (562) 570-1427
Bixby	1 (562) 570-1601	Pan American	1 (562) 570-3287
Chavez	1 (562) 570-8890	Ramona	1 (562) 570-1665
Cherry	1 (562) 570-1615	Scherer	1 (562) 570-1674
College Estates	1 (562) 570-1617	Seaside	1 (562) 570-1625
Coolidge	1 (562) 570-1618	Silverado	1 (562) 570-1675
Drake	1 (562) 570-1625	Somerset	1 (562) 570-8915
El Dorado West	1 (562) 570-3225	Stearns Champions	1 (562) 420-2867
Houghton	1 (562) 570-1640	Veterans	1 (562) 570-1695
King	1 (562) 570-4405	Wardlow	1 (562) 570-1705
Mac Arthur	1 (562) 570-1655	Whaley	1 (562) 570-1710
Mc Bride	1 (562) 570-1605		

WRAP SITES:

1(562)570-3530

Burbank Elementary

Edison Elementary

Garfield Elementary

Grant Elementary

Herrera Elementary

Hudson (K-8th grade)

King Elementary

Lafayette Elementary



**CITY OF
LONG
BEACH**

Visit www.teamsideline.com/longbeach for registration information and links to your park site.



**CITY OF LONG BEACH
PARKS, RECREATION & MARINE**

**CITY OF
LONG
BEACH**

Free After School Program ages 5-12

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, holiday celebrations and more. To register call 1(562) 570-3150 or visit: LBParks.org for program schedules and descriptions.

Locations and Hours*

Bixby Park
130 Cherry Ave.
1 (562) 570-1601
M-F: 3-6 p.m.

Mac Arthur Park
1321 Anaheim St.
1 (562) 570-1655
M-F: 2:30-5:30 p.m.

Seaside Park
1401 Chestnut Ave.
1 (562) 570-5126
M-F: 3-6 p.m.

Chavez Park
401 Golden Ave.
1 (562) 570-8890
M-F: 3-6 p.m.

M.L. King Jr. Park
1950 Lemon Ave.
1 (562) 570-4405
M-F: 3-6 p.m.

Silverado Park
1545 W. 31st St.
1 (562) 570-1675
M-F: 3-6 p.m.

College Estates Park
808 Stevely Ave.
1 (562) 570-1617
M-F: 2:30-5:30 p.m.

McBride Park
1550 M.K. King Jr. Blvd.
1 (562) 570-1605
M-F: 3-6p.m.

Somerset Park
1500 E. Carson
1 (562) 570-1605
M-F: 3-6p.m.

Coolidge Park
352 Neece Ave.
1 (562) 570-1625
M-F: 3-6 p.m.

Orizaba Park
2935 E. Spaulding
1 (562) 570-1427
M-F: 3-6 p.m.

Stearns Champions Park
4520 E. 23rd St.
1 (562) 440-2867
M-F: 3-6 p.m.

Drake Park
951 Maine Ave.
1 (562) 570-1625
M-F: 3-6 p.m.

Pan American Park
5157 Centralia St.
1 (562) 570-3297
M-F: 2:30-5:30 p.m.

VeteransPark
101 E. 28th St.
1 (562) 570-1695
M-F: 2:30-5:30 p.m.

El Dorado West Park
2800 Studebaker Rd
1 (562) 570-3225
M-F: 3-6 p.m.

Ramona Park
3301 E. 65th St.
1 (562) 570-1665
M-F: 3-6 p.m.

Wardlow Park
3457 Stanbridge Ave.
1 (562) 570-1705
M-F: 3-6 p.m.

Houghton Park
6201 Myrtle Ave.
1 (562) 570-1640
M-F: 3-6 p.m.

Scherer Park
4600 Long Beach Blvd.
1 (562) 570-1674
M-F: 3-6 p.m.

Whaley Park
5620 Atherton ST.
1 (562) 570-1710
M-F: 2:30-5:30 p.m.

*Park locations and times are subject to change





CITY OF LONG BEACH PARKS, RECREATION & MARINE

CITY OF
**LONG
BEACH**

FREE MOBILE RECESS

GAMES · FITNESS · ENRICHMENT · CRAFTS

2:30-5:00 p.m. through February 28

Visit LBParks.org for
new session dates
beginning in March
ages 5-14



MONDAY AND WEDNESDAY

Atlantic Plaza Park
Carmelitos 1000 Via Wanda Ave.

Craftsman Village Park
851 Orange Ave.

TUESDAY AND THURSDAY

Rose Park
Corner of Orizaba Ave. and 8th St.

17th Street
Between Henderson Ave. and Chestnut Ave.

FRIDAY

23rd Street
Between Cedar Ave. and Chestnut Ave.

Burton Chace Park
65 E. Market St.

Mobile Recess Staff
arrive on location
in trucks loaded
with supplies and
equipment providing
activities
for youth with
neighborhood streets
blocked off for safety.

VISIT LBPARKS.ORG OR
SCAN THE QR CODE BELOW



For more information call
1 (562) 570-3336

TEEN CLASSES

COOKING

BASIC COOKING FOR TEENS

Students will receive hands-on training in a lecture and kitchen lab environment. Students will learn culinary terms and meaning, different cooking techniques, kitchen/food safety, kitchen math, measuring, food preparation techniques, hand washing, knife safety and cutting techniques, table etiquette, basic nutrition, and substitution. We will cover sautéing, simmering, stir-fry and more your child will be able to name. Identify and properly operate kitchen tools and appliances. No experience needed, for we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pit pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Class fee: \$150. Material fee \$60.

A Yummy Future

			El Dorado West Park
52247	13-18 Yrs	3/12-4/16	2-3:15 p.m. Sat
52248	13-18 Yrs	4/23-5/28	2-3:15 p.m. Sat

ENRICHMENT



ONLINE DRIVERS EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included. Class fee: \$40.

All Good Driving School

			Online
51721	14-18 Yrs	3/1-3/31	Everyday
51722	14-18 Yrs	4/1-4/30	Everyday
51723	14-18 Yrs	5/1-5/31	Everyday



MAKE NEW FRIENDS | SPORTS | TOURNAMENTS | FIELD TRIPS | DINNER PROGRAM | FUN

ADMIRAL KIDD PARK 2125 Santa Fe Ave. • **FREEMAN COMMUNITY** 1205 Freeman Ave.

HOUGHTON PARK 6301 Myrtle Ave. • **CESAR CHAVEZ PARK** 401 Golden Ave.

SILVERADO PARK 1545 W. 31st St. • **McBRIDE PARK** 1550 Martin Luther King Jr. Ave.

RECREATIONAL ACTIVITIES • FITNESS CLASSES • TOURNAMENTS

HOMESCHOOL ASSISTANCE • VOLUNTEER OPPORTUNITIES • MEET NEW FRIENDS



VISIT WWW.LBPARKS.ORG

CITY OF
LONG
BEACH

ADULT CLASSES

ART AND CULTURAL

ADVANCED CERAMICS WORKSHOP

This is an advanced level course for students who have developed technical sufficiency, and have a desire to explore deeper into ceramic processes. We will be experimenting with materials and techniques that do not get covered during the basic ceramics workshop. Feel free to do self directed projects with guidance during this class section. We fire to cone 6. Bring samples of your work, notepad, pencil, and materials fee to first class. You are responsible for personal tools and supplies. Instructor will provide a list. Class fee: \$62. Materials fee for studio provided materials: \$30. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair				Bixby Park	
51706	16 Yrs+	3/10-4/28	6-9 p.m.	Th	
51712	16 Yrs+	5/5-5/26	6-9 p.m.	Th	



CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Class fee: \$58. Material fee: \$27. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair				Bixby Park	
51707	16 Yrs+	3/6-5/1	1:30-4:30 p.m.	Su	
51708	16 Yrs+	3/7-4/25	9 a.m.-noon	M	
51709	16 Yrs+	3/9-4/27	6-9 p.m.	W	
51715	16 Yrs+	5/2-5/23	9 a.m.-noon	M	
51714	16 Yrs+	5/4-5/25	6-9 p.m.	W	
51713	16 Yrs+	5/8-5/29	1:30-4:30 p.m.	Su	

DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more. Class fee: \$58. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair				Bixby Park	
51710	16 Yrs+	3/7-4/25	12:30-3:30 p.m.	M	
51716	16 Yrs+	5/2-5/23	12:30-3:30 p.m.	M	

OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. Class fee: \$58. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair				Bixby Park	
51711	16 Yrs+	3/6-5/1	10 a.m.-1 p.m.	Su	
51717	16 Yrs+	5/8-5/29	10 a.m.-1 p.m.	Su	

FAST QUILT



Come join the fun! Fast Quilt consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced. Material list at first class. You will need a sewing machine in good working condition. Class fee:

\$33. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Sandra Szladek				Wardlow Park	
51481	18 Yrs+	3/2-4/6	6:30-9 p.m.	W	
51482	18 Yrs+	4/13-5/18	6:30-9 p.m.	W	

FAST QUILT RETREAT

This retreat will have a Spring theme or you can do your own thing. The machine can stay in overnight lock-up until your return in the morning. This class meets the 1st weekend in May. Class fee: \$60. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Sandra Szladek				Wardlow Park	
51483	16 Yrs+	5/6 and 5/7-5-8	6:30-9p.m. 10 a.m.-10 p.m.	F Sa Su	

DANCE

LINE DANCING

Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. Meet new people. No experience needed. Class fee: \$48. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Class fee: \$48. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Janet Karter	Weingart Senior Center
51286 18 Yrs+ 4/13-6/1	6-7 p.m. W

2 STEP & SWING

Grab your boots and learn the latest 2 step pattern- plus learn East Coast Swing moves. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Class fee: \$48. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Janet Karter	Weingart Senior Center
51282 18 Yrs+ 4/13-6/1	7-8 p.m. W

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class: \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Mildred Caudillo	El Dorado Park West
51499 18 Yrs+ 3/4-3/25	10-11:15 a.m. F
51503 18 Yrs+ 4/1-4/29	10-11:15 a.m. F
51504 18 Yrs+ 5/6-5/27	10-11:15 a.m. F

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class: \$10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Mildred Caudillo	Wardlow Park
51500 18 Yrs+ 3/4-3/18	7-8 p.m. F
51501 18 Yrs+ 4/1-4/22	7-8 p.m. F
51502 18 Yrs+ 5/6-5/20	7-8 p.m. F

BELLY DANCE-BEG

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. Class fee: \$39. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Fahtiem Fahtiem	Wardlow Park
51276 14 Yrs+ 3/7-4/4	6:15-7:15 p.m. M
51277 14 Yrs+ 4/25-5/23	6:15-7:15 p.m. M

BELLY DANCE-INT

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. Class fee: \$39. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Fahtiem Fahtiem	Wardlow Park
51278 14 Yrs+ 3/7-4/4	7:30-8:30 p.m. M
51279 14 Yrs+ 4/25-5/23	7:30-8:30 p.m. M

BELLY DANCE- ADV

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. Class fee: \$39.

Fahtiem Fahtiem	Wardlow Park
51280 14 Yrs+ 3/7-4/4	8:45-9:45 p.m. M
51281 14 Yrs+ 4/25-5/23	8:45-9:45 p.m. M

DOG TRAINING



DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real-life, and more! Dogs four months and older with current vaccines. Contact (714)821-6622 or CrossroadsPetResort.com for more information. Class fee: \$140 Material fee: \$10. *No class: 4/16 & 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Crossroads Country Club Pet Resort	Marina Vista Park
51473 10 Yrs+ 4/2-5/7*	9:30-10:30 a.m. Sa
51474 10 Yrs+ 5/21-6/25*	9:30-10:30 a.m. Sa

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or CrossroadsPetResort.com. Class fee: \$140. Material fee: \$10. *No class: 4/16 & 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Crossroads Country Club Pet Resort Marina Vista Park

51475	10 Yrs+	4/2-5/7*	10:30-11:30 a.m.	Sa
51476	10 Yrs+	5/21-6/25*	10:30-11:30 a.m.	Sa

FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. One time equipment fee of up to \$45. Walk-in fee available. *No class: 5/9. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Tami Santy Recreation Park

51527	16 Yrs+	3/7-4/4	6-6:45 p.m.	M	\$55
51538	16 Yrs+	4/11-5/23*	6-6:45 p.m.	M	\$66

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. We will use body weight, kettlebells, agility ladders, battle ropes, and other fitness toys - each workout is unique, challenging, and fun. All fitness levels welcome. Bring dumbbells and mat. Walk in fee available. Class fee: \$44. *No class: 5/12. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Tami Santy El Dorado Park West

51529	16 Yrs+	3/3-3/24	6-6:45 p.m.	Th
51530	16 Yrs+	3/31-4/21	6-6:45 p.m.	Th
51537	16 Yrs+	4/28-5/26*	6-6:45 p.m.	Th

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available. Class fee: \$25.

Marilynn Bodnar El Dorado Park West

51724	12 Yrs+	3/2-3/30	5:30-6:30 p.m.	M W
51725	12 Yrs+	4/4-4/27	5:30-6:30 p.m.	M W
51726	12 Yrs+	5/2-5/30	5:30-6:30 p.m.	M W



DANCE WITH CARMEN

A Dance class in Spanish! Have fun while you tone up and dance the stress away. Una clase de baile en Espanol! Diviértete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado. Class fee: \$2. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Carmen Valdivia

Silverado Park

51368	14 Yrs+	3/3-3/31	9-10 a.m.	Tu Th
51369	14 Yrs+	4/5-4/28	9-10 a.m.	Tu Th
51370	14 Yrs+	5/3-5/31	9-10 a.m.	Tu Th

FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: www.evelyngrauten.com. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Evelyn Grauten

Recreation Park

51505	18 Yrs+	3/2-3/25	9:45-10:45 a.m.	W F	\$70
51506	18 Yrs+	3/30-4/8	9:45-10:45 a.m.	W F	\$35
51507	18 Yrs+	5/11-5/27	9:45-10:45 a.m.	W F	\$52

PILATES BARRE FITNESS

This is a unique form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various pilates equipment, provided by instructor. A portable balance barre, also provided, will help to improve your stability. For more information visit: www.evelyngrauten.com. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Evelyn Grauten

Recreation Park

51511	18 Yrs+	3/2-3/25	11 a.m.-noon	W F	\$70
51512	18 Yrs+	3/30-4/8	11 a.m.-noon	W F	\$35
51513	18 Yrs+	5/11-5/27	11 a.m.-noon	W F	\$52

MINDFULNESS TAI CHI & QIGONG

Enjoy a relaxing, centering, and energizing start to your weekend! Cultivate wellness and vitality while building your knowledge of these healing martial arts. Explore one new mindfulness technique per session. Each class illuminates a step on the path toward form mastery. Physically adaptive and emotionally safe instruction. Walk in fee available. No class 3/4 & 4/16. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Richard Harvey

Bixby Park

52237	18 Yrs+	3/11-3/25	9:30-10:45 a.m.	Sa	\$30
52238	18 Yrs+	4/2-4/30	9:30-10:45 a.m.	Sa	\$40
52239	18 Yrs+	5/7-5/28	9:30-10:45 a.m.	Sa	\$40

TAI CHI & QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also enhances balance and memory. *Returning students only on Tuesdays. Class fee: \$50. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Howard Richner		Recreation Park	
51477	18 Yrs+ 3/1-4/5	7-8:30 p.m.	Tu
51478	18 Yrs+ 4/12-5/17	7-8:30 p.m.	Tu
Howard Richner		Bixby Park	
51479	18 Yrs+ 3/3-4/7	7:30-9 p.m.	Th
51480	18 Yrs+ 4/14-5/19	7:30-9 p.m.	Th

YOGA WITH LACEY

This all levels, alignment-based yoga class will include various poses and movement focused upon strength, stretch and balance. Breathing and relaxation techniques are also explored to link both mind and body awareness. Please bring a yoga mat, 2 yoga blocks and yoga strap. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.



Lacey Marsac		Wardlow Park	
51318	16 Yrs+ 3/2-3/30	6:15-7:15 p.m.	W \$40
51324	16 Yrs+ 3/2-3/30	7:30-8:30 p.m.	W \$40
51319	16 Yrs+ 4/6-4/27	6:15-7:15 p.m.	W \$32
51325	16 Yrs+ 4/6-4/27	7:30-8:30 p.m.	W \$32
51320	16 Yrs+ 5/4-5/25	6:15-7:15 p.m.	W \$32
51326	16 Yrs+ 5/4-5/25	7:30-8:30 p.m.	W \$32

MUSIC



UKE PLAYERS ANONYMOUS (BEGINNING)

This class covers all fundamentals you need to start playing ukulele! Students will learn how to tune, use basic strum techniques, read chords, and play songs! Required materials: ukulele, music stand, pencil and mask.

Class fee: \$70. Material fee: \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Hoku Bray		El Dorado Park West	
51274	18 Yrs+ 3/6-4/10	8:30-9:30 a.m.	Su
51275	18 Yrs+ 4/24-5/29	8:30-9:30 a.m.	Su

SPORTS

JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instructor with 40 years of self defense experience. For beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. Class fee: \$45. *No class: 5/25. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Russell Kelley		Stearns Champions Park	
51306	13 Yrs+ 3/2-3/30	7-8 p.m.	M W F
51307	13 Yrs+ 4/1-4/29	7-8 p.m.	M W F
51308	13 Yrs+ 5/2-5/27*	7-8 p.m.	M W F

Hundreds of classes available online

ed2go Online Classes

at www.lbparks.org

Classes Start Monthly

March

• 51718

April

• 51719

May

• 51720



ed2go topics include:

Computer skills for the workplace
Creating Webpages
Guiding Kids on the Internet
Microsoft Word, Excel, QuickBooks
Teaching with a Smart board
Speed Spanish Online

\$95 per class

Enroll online at lbparks.org • 562-570-3148



KARATE

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop discipline and respect. Consistent training helps students become stronger and develop confidence. Students learn the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. Class fee: \$80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Jony Martinez

51336	12 Yrs+	3/2-3/30
51337	12 Yrs+	4/1-4/29
51338	12 Yrs+	5/2-5/27

Cesar Chavez Park

7:15-8:30 p.m.	M W F
7:15-8:30 p.m.	M W F
7:15-8:30 p.m.	M W F

KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instructor with 40 years of self-defense. For beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. Class fee: \$45. *No class: 5/25. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Russell Kelley

51309	13 Yrs+	3/2-3/30	8-9 p.m.	M W F
51310	13 Yrs+	4/1-4/29	8-9 p.m.	M W F
51311	13 Yrs+	5/2-5/27*	8-9 p.m.	M W F

Stearns Champions Park

CITY COUNCIL DISTRICT LINES HAVE CHANGED

Check out the new
City Council District map today!

To view the new map visit,
www.longbeach.gov/redistricting.

Ha cambiado el diseño electoral del consejo municipal

iVe el nuevo mapa de distrito del Consejo municipal hoy! Para ver el nuevo mapa visita, www.longbeach.gov/redistricting.

Tignan ang mapa ng Distrito ng Konseho ng Lungsod ngayon! Para makita ang bagong mapa, bumisita sa, www.longbeach.gov/redistricting.

Mga Linya ng Distrito ng Konseho ng Lungsod ay Binago

ខ្សែបន្ទាត់ព្រំដែនក្រុមប្រឹក្សាក្រុង បានផ្លាស់ប្តូរ

សូមពិនិត្យមើលផែនទីថ្មី របស់ក្រុមប្រឹក្សាក្រុងថ្ងៃនេះ! ដើម្បីមើលផែនទីថ្មី សូមមើលគេហទំព័រ, www.longbeach.gov/redistricting.

LONG BEACH
PARKS, RECREATION
& MARINE

SENIOR PROGRAMS

LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.



For more information visit:
[www.longbeach.gov/park/
park-and-facilities/directory/
long-beach-senior-center/](http://www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/)

FUN FOR ADULTS 50+



SENIOR SOFTBALL LEAGUE
CALL 1 (562) 570-1736 OR VISIT
WWW.TEAMSIDELINE.COM/LONGBEACH

Arts
Cultural experiences
Dance
Fitness
Life-long learning
opportunities
Enrichment
Health and social
services
Nutrition
Drop-in events
Special events
Volunteerism
Special interest
groups

Senior Centers

**California Recreation Center
at McBride Park**
1550 Martin Luther King, Jr. Ave
1 (562) 570-1605
M-F: 9 a.m.-2 p.m.

Cesar E. Chavez Park
401 Golden Ave.
1 (562) 570-8890
M-F: 9 a.m.-2 p.m.

El Dorado Park West
2800 Studebaker Rd.
1 (562) 570-3227
M-F: 9 a.m.-2 p.m.

Expo Center
4321 Atlantic Ave.
1 (562) 570-1655
T-Th: 9 a.m.-2 p.m.

Houghton Park
6301 Myrtle Ave.
1 (562) 570-1640
M-F: 9 a.m.-2 p.m.

Long Beach Senior Center
1150 E. 4th St.
1 (562) 570-3500
M-F: 8 a.m.-4:30 p.m.
Sa: 10 a.m.-2 p.m.

Silverado Park
1545 W. 31st St.
1 (562) 570-1675
M-F: 9 a.m.-2 p.m.



ADULTS 50+ CLASSES

DANCE

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class. Class fee: \$10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Daniel Finch		Long Beach Senior Center		
51703	50 Yrs+	3/2-3/30	7-9:30p.m.	W
51704	50 Yrs+	4/6-4/27	7-9:30p.m.	W
51705	50 Yrs+	5/4-5/25	7-9:30p.m.	W

ROUND DANCE - ADVANCED

Advanced class consists of clinic on figures and choreography followed by cued round dances. Class held on 2nd Saturday. Fee per person, per class. Class fee: \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Edward Patrick		Long Beach Senior Center		
51342	50 Yrs+	3/7-3/28	7-9:30 p.m.	M
51339	50 Yrs+	3/12-3/12	noon-3:30 p.m.	Sa
51343	50 Yrs+	4/4-4/25	7-9:30 p.m.	M
51340	50 Yrs+	4/9-4/9	noon-3:30 p.m.	Sa
51344	50 Yrs+	5/2-5/23	7-9:30 p.m.	M
51341	50 Yrs+	5/14-5/14	noon-3:30 p.m.	Sa



SENIOR LINE DANCING

Have fun learning new dances each week. Great exercise dancing to all types of music. No experience needed. Come with a friend and meet new people. Fee per person, per class. Class fee: \$5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Janet Karter		El Dorado Park West		
51283	50 Yrs+	3/3-3/31	1-2 p.m.	Th
51284	50 Yrs+	4/7-4/28	1-2 p.m.	Th
51285	50 Yrs+	5/5-5/26	1-2 p.m.	Th

FITNESS



CHAIR BASED YOGA

Not your typical chair yoga class! Suitable for beginners as well as experienced yoga students, this class incorporates the use of a chair for various poses and movements. Meditation, breathing and relaxation techniques are also included. Please bring a yoga mat, 2 yoga blocks and yoga strap. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Lacey Marsac		Wardlow Park			
51312	50 Yrs+	3/2-3/30	9-10 a.m.	W	\$40
51313	50 Yrs+	4/6-4/27	9-10 a.m.	W	\$32
51314	50 Yrs+	5/4-5/25	9-10 a.m.	W	\$32

FUNCTIONAL MOVEMENT, BALANCE & BRAINS

Let's put "fun" into our functional fitness! We will work to improve balance, stability, agility, and strength using our bodies, weights and games. Brain-training drills will help improve memory, problem solving, and mental acuity. You will leave class feeling energized and strong. All fitness levels welcome. Instructor Tami Santy is certified by the Functional Aging Institute and ACE Fitness. Bring a mat and light dumbbells to class. Fee per person, per class. Class fee: \$5. *No class 5/10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Tami Santy		Wardlow Park		
51534	50 Yrs+	3/1-3/22	10:30-11:15 a.m.	Tu
51535	50 Yrs+	4/5-4/26	10:30-11:15 a.m.	Tu
51536	50 Yrs+	5/3-5/31	10:30-11:15 a.m.	Tu

GENTLE YOGA - ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Fee per person, per class. Class fee: \$52. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Silvana Behrens		Recreation Park		
51371	50 Yrs+	3/7-3/28	9:45-11 a.m.	M
51372	50 Yrs+	4/4-4/25	9:45-11 a.m.	M
51373	50 Yrs+	5/2-5/23	9:45-11 a.m.	M

HOMELAND CULTURAL CENTER

1321 Anaheim Street, MacArthur Park
1(562) 570-1655

Hours: Monday-Tuesday 3-10 p.m.
Wednesday-Thursday 3-9:30 p.m.
Closed Fridays
Saturday 10 a.m.- 6 p.m.
Sunday 9 a.m.-6 p.m.

FREE CLASSES AND WORKSHOPS!

Winner of Excellence California Park & Recreation Society. Explore and share traditional and contemporary cultural traditions!



Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.



Afrikan Drum/Dance

10 a.m.-4 p.m. Sa

AIM Urban Poetry Workshop

7-9 p.m. Tu

Aztec Dance

7-9 p.m. W

Bokator (Martial Arts)

7-9 p.m. Th

Breakdancing for Kids

4-6 p.m. Tu

Cambodian Art and Music

2-4 p.m. Alternate Sa

Drums

4-6 p.m. Tu

Guitar/Bass

4-6 p.m. Th

Happy Senior Line Dance

3-5 p.m. Tu, W

Hmong Arts

9 a.m.-2 p.m. Su

Instant Band (Music Improvisations)

4-6 p.m. Sa

Micronesian Arts

2-6 p.m. Su

Movie Makers Workshop

1-3 p.m. Su

OFF THE DOME

7-9 p.m. First Th

Popping & Break Dancing

6-10 p.m. M, Tu

Screen Printing for Teens

6-8 p.m. Th

Happy Senior Line Dance

3-5 p.m. Tu, W

Unity Choir

7-9 p.m. W

LONG BEACH PARKS, RECREATION & MARINE

Honoring Long Beach's Best

SEVERAL PARK AREAS WERE RENAMED IN 2021 TO HONOR RESIDENTS WHO WORKED TO IMPROVE THE QUALITY OF LIFE IN THEIR NEIGHBORHOODS.



The Houghton Park Community Center was dedicated as the **Doris Topsy-Elvord Community Center** in recognition of community leader and former Vice Mayor Doris Topsy-Elvord.

The South Street Parkway was renamed **Pressburg Parkway** to recognize Mr. Dan Pressburg's work to beautify open space in the Uptown and DeForest Neighborhood communities.



Bixby Park Dog Park was renamed **Dr. Myrna "Mickie" Donahoe Dog Park** to honor the founder of Friends of Bixby Dog Park.



The **Dee Andrews Sports Complex** at Chittick Field was dedicated to the former Vice Mayor and Sixth District Councilman.



Conductor **Larry Curtis Concert Park** was dedicated at Marine Stadium in tribute to the late Larry Curtis, Municipal Band Conductor for more than 27 years.

ANIMAL CARE SERVICES

P.O. Box Pitchford Companion Animal Shelter
7700 East Spring Street
www.LongBeachAnimalCare.com
Hours: By appointment only
24 Hour Emergency Service 1(562) 570-7387

GENERAL INFORMATION

LBACS is open by appointment only. To make an appointment to adopt or foster a pet, please email PetAdopt@longbeach.gov or call 1.562.570.4925.

Appointments may be made during these hours:
10 a.m. to 5 p.m. Wednesdays through Fridays
10 a.m. to 3:30 p.m. Saturdays and Sundays

Animal related complaints/questions 1.562.570.7387.
Need to license your dog or cat? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Visit www.LongBeachAnimalCare.com.

SPAY/NEUTER INFORMATION

Please visit SNPLA.org for spay and neuter information.

All dogs over six months and cats over four months are required by law to be spayed or neutered - LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current.

SPAY / NEUTER VOUCHERS

Vouchers to assist with the cost of spaying or neutering your pet may be requested online at www.SNPLA.org. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

DOG TRAINING

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See pages 17 and 18 for details.



ADOPT
from
**LONG BEACH
ANIMAL CARE
SERVICES**

to make an appointment, email:
PetAdopt@longbeach.gov

PET LICENSING

California law requires all cats and dogs over the age of four months be licensed as a rabies control measure. Ensuring your pet has a current license attached to its collar is your best insurance of having your pet returned to you in case they become lost.

PERKS OF LICENSING

FAST TRACK

Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.



FREE RIDE HOME

Your pet gets a free ride home when it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter.

EXTENDED STAY

When found, your licensed pet will be cared for at the Animal Shelter for a longer period of time (up to 10 days rather than five days) prior to being put up for adoption.

VACATION PET ALERT

When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.

LOW-COST PET CLINICS

SNPLA provides low-cost pet care at various Long Beach parks and other Los Angeles County locations. For dates, times, locations, and fees please visit www.SNPLA.org.

Follow us on Social Media



Facebook:
[LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)
Instagram and Twitter:
[@LBAnimalCare](https://www.instagram.com/LBAnimalCare)
www.longbeach.gov/acs





If you're guided by **adventure,** then get delivered **by bus.**



Long Beach Transit connects you to your favorite activities safely and conveniently. Travel with a group of friends or just get out of the house for a spontaneous trip.

Get real-time bus schedule and route updates from LBT. Scan the code to download **Moovit app** to start planning your next adventure.



For bus schedules, fares, and route information visit **ridelbt.com**.



ADULT SPORTS LEAGUES

5001 Deukmejian Drive 1(562)-1725
Visit: teamsideline.com/longbeach

ADULT BASEBALL

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call 1(562) 570-1725 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$75/team, per game. Limited space per season.

ADULT BASKETBALL



Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game (\$28/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at 1(562) 570-1725 or visit us online: www.teamsideline.com/longbeach.

ADULT KICKBALL

Register by team only at the Sports Office or at www.teamsideline.com/longbeach. 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call 1(562) 570-1725 or go online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$15/team, per game. Visit us online at: www.teamsideline.com/longbeach for information and registration.

WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed and men's leagues-16 player max. Team fee: \$450. Call 1(562) 570-1725 or visit online for information.



WEEKEND SLOWPITCH LEAGUES - COED ONLY

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call 1(562) 570-1725 or visit us online for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call 1(562) 570-1725 or visit us online for more information.

ADULT VOLLEYBALL



Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 5-12 players allowed on a team.

Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$15/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at 1(562) 570-1725 or visit www.teamsideline.com/longbeach for more information.



We Energize a Healthy Long Beach



We help keep our buddies at the aquarium happy.



We create enough electricity to power 35,000 cars.



Natural gas is the perfect choice for heating and cooking.

Energy Resources is much more than just the “gas and oil company”. We’re committed to doing our part to make our city a healthy place to live, work, or spend a great day at one of our wonderful parks.

To do so, we’ve gone green by installing over 150,000 automated reporting gas meters and eliminating 160,000 vehicle trips a year. Our Southeast Resource Recovery Facility reduces the need for landfills and truck trips by turning trash into electricity while destroying tons of dangerous narcotics and paraphernalia, making our parks, beaches and public areas safer places to enjoy.

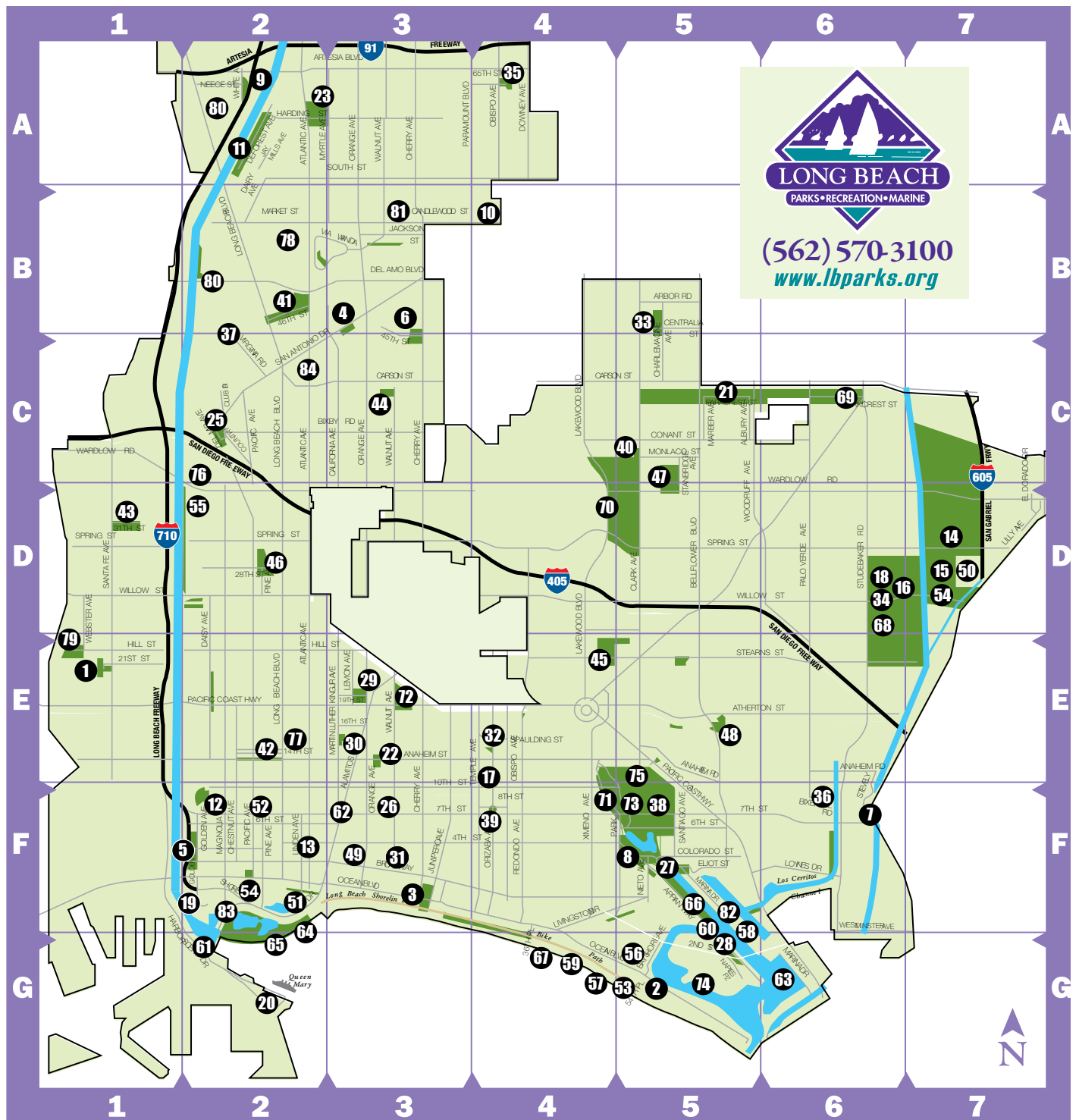
With our focus on green, it’s no surprise that we recently received an award for data reliability for our (AB32-Cap and Trade) Green House Gas Emissions Reporting.

Everyone at Energy Resources is proud to do their part in bringing safe and reliable energy to the city of Long Beach. Learn more at longbeach.gov/energyresources/



Join us on Facebook for news, information and fun!

 @LBEnergyResources



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 – BALLFIELD; 2 – BASKETBALL; 3 – TENNIS; 4 – VOLLEYBALL; 5 – CENTER; 6 – PLAYGROUND; 7 – PICNIC AREA; 8 – POOL; 9 – SKATE PARK; 10 – GYM; 11 – ROLLER HOCKEY; 12 – DOG FACILITY; 13 – COMMUNITY GARDENS; 14 – SPORTS COURT; L – LIGHTED; LK – LAKE; R – RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1 E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 · 12.29 acres	1L,2L,5R,6,7,14
76 C2 Baker Street, 625 Baker St., 570-3100 · 1.5 acres	6,7
2 G5 Bayshore, 5415 E. Ocean Blvd. · 1.24 acres	2,4,6,7,11
3 F3 Bixby, 130 Cherry Ave., 570-1601 · 17.79 acres	4,5R,6,7,9,12
4 B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 · 3.93 acres	4,5,6,7
5 F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 · 33.22 acres	2L,5,6,7

6 B3 Cherry, 1901 E. 45th St., 570-1615 · 10.19 acres	1L, 2L,3L,5,6,7,11C,14
7 F6 College Estates, 808 Stevely Ave., 570-1617 · 2.30 acres	2,3,4,5R,6,7,14
8 F5 Colorado Lagoon, 5119 E. Colorado St. · 28.34 acres	6,7
9 A2 Coolidge, 352 E. Neece St., 570-1618 · 6.10 acres	1L,2L,4,5,6,7,12,14
26 F3 Craftsman Village Park, 850 Orange Ave., 570-3100 · .34 acres	6,7
10 B4 Davenport, (Ed "Pops"), 2910 E. 55th Way · 11.55 acres	2,6,7

PARK FACILITIES (continued)

11	A2	DeForest, 6255 DeForest Ave., 570-1620 · 49.99 acres	1L,2L,3L,4L,5,6,7
12	F2	Drake, 951 Maine Ave., 570-1625 · 6.63 acres	1L,2L,3L,4,5R,6,7,9,14
13	F2	East Village Arts, 150 Elm Ave. · .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 · 389.39 acres	6,7,13,LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 · 97.88 acres	5,7,LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L,2L,3L,4,5R,6,7,11,LK,14
77	E2	Fourteenth Street Park, 570-1608 · 2.24 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688 · .28 acres	
18	D6	Good Neighbor, 2800 Studebaker Rd. · .90 acres	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. · 9.23 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 · 1.22 acres	
62	F3	Gumbiner Park, 880 E. 7th St., 570-3111 · .87 acres	6,7,9
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. · 4.15 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 · 161.94 acres	1L,2L,5,6,7,11,LK,14
22	E3	Homeland Cultural Center, 1321 Anaheim St. at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 · 26.32 acres	1L,2L,3L,4,5R,6,7,9,14
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 · 13.18 acres	1,6,7,14
24	F2	Lincoln (Civic Center), Pacific Ave. and Broadway · 5.10 acres	12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. · 8.48 acres	3L,6,7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 · 3.86 acres	1,2L,4,5R,6,7
27	F5	Marina Vista, Colorado St. and Santiago · 17.68 acres	1,3,6,7,14
28	G5	Marine (Mother's Beach), 5839 Appian Way · 9.31 acres	4,6,7
29	E3	King, Martin Luther Jr. Park, 1950 Lemon Ave., 570-4405 · 9.04 acres	1L,5R,6,7,8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 · 2.77 acres	2L,5R,6,7,10
31	F3	Miracle on 4th Street, 1518 E. 4th St. · .14 acres	7
80	A2	Molina, C.David Park, 4951 Oregon Ave., 570-3100 · 3.71 acres	1,6
32	E4	Orizaba, Orizaba Ave. and Spaulding St. · 4.14 acres	2,5,6,7,9
33	B5	Pan American, 5157 Centralia St., 570-1660 · 12.52 acres	1L,2L,4,5,6,7,10
34	D6	Parks, Recreation & Marine Administration, 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St. 570-1665 · 7.27 acres	1L,2L,3L,4,5R,6,7,14
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 · 7.07 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 · 4.82 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 · 63.92 acres	1L,3L,4,5R, 6,7,12
39	F4	Rose, 8th St. and Orizaba Ave. · .75 acres	7
40	C5	Rosie the Riveter, Clark Ave. and Conant St. · 3.27 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 · 25.21 acres	1,2L,3L,4,5,6,7,12,LK
42	E2	Seaside, 14th St. at Chestnut · 2.43 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 · 12.24 acres	1L,2L,3L,4,5R,6,7,9,10,12,14,LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 · 4.0 acres	2L,3L,4,5,6,7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 · 26.53 acres	1L,2L,5R,6,7,14
46	D2	Veterans, 101 E. 28th St., 570-1695 · 14.63 acres	1L,2L,3L,4,5R,6,7,14
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 · 15.18 acres	1,2L,4,5R,6,7,14
48	E5	Whaley, 5620 Atherton St., 570-1710 · 13.87 acres	1L,2L,4,5R,6,7,11,14

TEEN CENTERS

1	E1	Admiral Kidd Park Teen Center, 2125 Santa Fe Ave., 570-1600
5	F2	Cesar E. Chavez Park Teen Center, 401 Godlen Ave., 570-8890
17	E4	Freeman Teen Center, 1205 Freeman Ave., 570-8688
23	A2	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640
30	E3	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605
43	D1	Silverado Park Teen Center, 1545 West 31st St., 570-1675

SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227

84	C2	Expo Center, 4321 Atlantic Ave., 595-1665	
23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4 th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 W. 31 st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L,5,6,7

DOG FACILITIES

3	F3	Bixby Dog Park, 130 Cherry Ave. · .43 acres	12
9	A2	Coolidge Dog Park, 352 E. Neece St. · .25 acres	12
14	D7	El Dorado Dog Park, 7500 E. Spring St. · 1.5 acres	12
41	B2	Gayle Carter Dog Park, 4600 Long Beach Blvd. · .7 acres	12
81	B3	Jackson Street Dog Park, 1 Jackson St. · .14 acres	12
52	F2	K-9 Corner Dog Park, 9th and Pacific Ave. · .8 acres	12
24	F2	Lincoln Dog Park, 101 Pacific Ave. · .14 acres	12
54	F2	Pike Park, 195 W. Seaside Way, (west of Pine Avenue) · .18 acres	12
38	F5	Recreation Dog Park, 4900 E. 7th St. · 2.0 acres	12
53	G5	Rosie's Dog Beach, 1 S. Granada · 4.0 acres	12
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave. · .45 acres	12
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave. · 2.03 acres	12

AQUATIC AND BOATING FACILITIES/BEACHES

8	F5	Colorado Lagoon Wetland and Marine Sci. Ed. Center (Appian Way btwn Park and Colorado)
82	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel · 3.22 acres
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr. · 9.23 acres
57	G4	Launch Ramp – Claremont Launch Ramp, 5300 E. Ocean Blvd.
58	F5	Launch Ramp – Davies Launch Ramp, 6201 E. Second St. · 6.73 acres
59	G4	Launch Ramp – Granada Launch Ramp, 1 S. Granada Ave.
60	F5	Launch Ramp – Marine Stadium Launch Ramp, 5255 Paoli Way
61	G2	Launch Ramp – South Shore Launch Ramp, 590 Queensway Dr. · 6.49 acres
2	G5	Leeway Sailing and Aquatics Center, 5437 E. Ocean Blvd., 570-1719 · .66 acres
63	G6	Marina – Alamitos Bay Marina, 205 Marina Dr., 570-3215 · 359.39 acres
64	F2	Marina – Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950
65	G2	Marina –Rainbow Marina, 200-B Aquarium Way, 570-8636
66	F5	Marine Stadium, Appian Way (btwn 2 nd St. and Colorado St.) 570-3215
67	G4	Pool – Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806
29	E3	Pool – Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718
43	D1	Pool – Silverado Park Pool, 1540 W. 32 nd St., 570-1721
8	F5	Model Boat Shop, 5119 E., Colorado St., 460-1720 (Summer Only)
28	G5	Mothers Beach (Marina Park) 5839 Appian Way

5.7

SPORTS FACILITIES

14	D7	Archery – El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf–El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf–Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 · 36.57 acres 5R	
69	C6	Golf–Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf–Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf–Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf–Skylinks at LB Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling–Recreation Park, E. 7 th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field – Chittick Field, 1900 Walnut Ave., 570-1717 · 19.14 acres	1L
75	E5	Sports Field – Joe Rodgers Softball Stadium, 10 th St. and Park Ave.	570-1725
73	F5	Tennis – Billie Jean King Tennis Center, 10 th and Park Ave., 438-8509	3
16	D6	Tennis – El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	3
25	C2	Tennis – Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	3
74	G5	Tennis – Naples Tennis Courts, Tivoli Drive between St. Irmo Way and 2nd St.	3

Make Someone's Day, Visit a Long Beach Dog Park

**Grab Your Leash
and Get Outside**

Dog Park Locations:

Bixby Dog Park
Coolidge Dog Park
El Dorado Dog Park
Gayle Carter Dog Park
Jackson Dog Park
K9 Corner Dog Park
Pike Park Dog Park
Recreation Dog Park
Rosie's Dog Beach
Seaside Dog Park
Wrigley Heights Dog
Park

LBParks.org



CITY OF
LONG BEACH

SKATE PARKS

Long Beach Parks, Recreation and Marine

For info and Park rules visit: www.lbparks.org



BIXBY PARK

DRAKE PARK

**EL DORADO
WEST**

MCBRIDE PARK

ORIZABA PARK

HOUGHTON

SILVERADO PARK



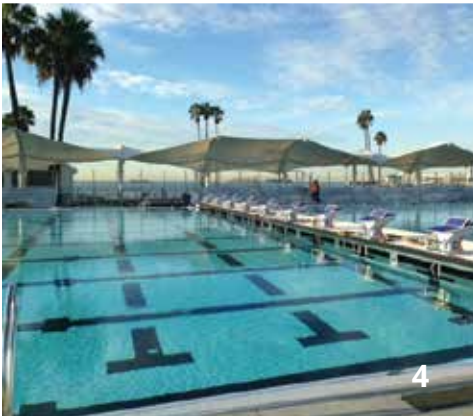


Futsal Courts
 Free Mobile Recess
 Basketball Courts
 Senior Programs
 Golf Courses
 Skate Parks
 Community Centers
 Playgrounds
 Aquatics and Pools
 Nature Center
 Dog Parks

Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks





Hours, amenities and programs for Long Beach parks. Visit www.lbparks.org and follow us on social media:

Facebook.com/LongBeachParks
Instagram.com/longbeachparks/
Twitter.com/LongBeachParks
Youtube.com/user/ParksLongBeach



1. ADMIRAL KIDD PARK

2125 Santa Fe Ave., 1(562)570-1600
HOURS: Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.

AMENITIES: Basketball court, community center, fitness stations, playground, soccer field, weight/fitness room

PROGRAMS: Free Be SAFE Summer Program, Summer Food Program, Teen Programs, Youth Sports

2. BAKER PARK

625 Baker St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground, walking path

3. BAYSHORE PARK

5415 E. Ocean Blvd. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Basketball court, volleyball court, playground, rollerhockey rink

4. BELMONT PLAZA POOL

4320 E. Olympic Plaza 1(562) 570-1806

See page 44 and 45

5. BIRDCAGE PARK

6501 Parkcrest St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

6. BIXBY PARK

130 Cherry Ave. 1(562) 50-1601

HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.

AMENITIES: Basketball court, community center, fitness stations, playground, soccerfields, weight/fitness room

PROGRAMS: After School Program, Free Be SAFE Summer Program, Senior Fitness Classes, Summer Food Program, Youth Sports

7. BIXBY KNOLLS PARK

1101 San Antonio Drive 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground



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12



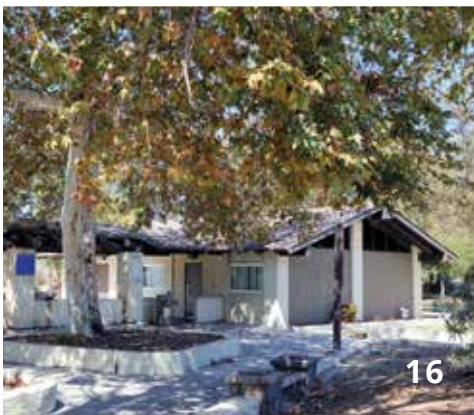
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8. OFFICER DARYLE W. BLACK MEMORIAL PARK

2023 Pasadena Ave. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

9. BURTON W. CHACE PARK

65 E. Market St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

10. CESAR E. CHAVEZ PARK

401 Golden Ave. 1(562) 570-8890

HOURS: Senior Program, 9 a.m. to 2 p.m. Teen Center M-F, 11 a.m. to 5 p.m. After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.

AMENITIES: Community center, fitness stations, playground, skate park
PROGRAMS: After School Program, Senior Program, Senior Meals, Summer Food Program, Teen Program, Youth Sports

nior Program, Senior Meals, Summer Food Program, Teen Program, Youth Sports

11. CHERRY PARK

1901 E. 45th St. 1(562) 570-1615

HOURS: Dusk to Dawn

AMENITIES: Baseball fields, basketball court, community center, softball fields, tennis courts, playground

PROGRAMS: Summer Food Program, Youth Sports

12. COLLEGE ESTATES PARK

808 Stevely Ave. 1(562) 570-1710

HOURS: After School Program, M-F: 2:30-5:30 p.m.

AMENITIES: Basketball court, community center, playground, tennis courts

PROGRAMS: Youth Sports

13. COOLIDGE PARK

352 E. Neece St. 1(562) 570-1618

HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.

AMENITIES: Community center, basketball court, dog park, fitness stations, playground

PROGRAMS: After School Program, Summer Food Program, Summer Fun Days, Youth Sports

14. CRAFTSMAN VILLAGE PARK

851 Orange Ave. 1(562) 570-3100

HOURS: Dusk to Dawn

AMENITIES: Playground

15. ED "POPS" DAVENPORT PARK

2910 East 55th Way 1(562) 570-1665

HOURS: Dusk to Dawn

AMENITIES: Basketball court, playground
PROGRAMS: Summer Food Program, Youth Sports



16. DEFOREST PARK

6255 DeForest Ave. 1(562) 570-1620
HOURS: Summer Fun Days, M-F: 11 a.m. to 5 p.m.

AMENITIES: Baseball field, basketball court, community center, futsal court, nature trail, playground, racquetball court, soccer field, softball fields

PROGRAMS: Camp Fire Day Camp, Summer Food Program, Youth Sports

17. DRAKE PARK

951 Maine Ave. 1(562) 570-1625
HOURS: Summer Fun Days Program, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m., After School Program, M-F: 3-6 p.m.

AMENITIES: Basketball court, community center, playground, racquetball courts, skate park, soccer field, softball field

PROGRAMS: After School Programs,

Free Be SAFE Summer Program, Summer Food Program, Youth Sports

18. EL DORADO PARK WEST

2800 Studebaker Road 1(562) 570-3225
HOURS: Senior Programs M-F, 9 a.m. to 5 p.m., After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.

AMENITIES: Baseball fields, basketball courts, community center, disc golf course, golf course, playground, skate park, soccer fields, softball fields, tennis center

PROGRAMS: After School Program, Senior Program, Senior Meals Summer Day Camp Program, Summer Fun Days, Youth Sports

19. EL DORADO REGIONAL PARK & NATURE CENTER

See page 40.

20. FELLOWSHIP PARK

434 E. Willow St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

21. FREEMAN CENTER

1205 Freeman Ave. 1(562) 570-8688

HOURS: M-F: 3-7 p.m.

PROGRAMS: Teen Programs

22. GRACE PARK

Elm Ave. & Plymouth St. 1(562) 570-3150

HOURS: Dusk to Dawn

AMENITIES: Playground, Community Garden

23. ROBERT GUMBINER PARK

880 E. 7th St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Performance area, picnic area, playground, public art, skate plaza

PROGRAMS: Free Outdoor Recreation Classes



24. HEARTWELL PARK

5801 E. Parkcrest St. 1(562) 570-1635

HOURS: Dusk to Dawn

AMENITIES: Baseball fields, basketball court, community center, golf course, playground, soccer fields, softball fields

25. HOUGHTON PARK

6301 Myrtle Ave. 1(562) 570-1640

HOURS: Senior Program, 9 a.m. to 2 p.m., After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.

AMENITIES: Baseball fields, basketball courts, community center, fitness stations, playground, skate park, soccer fields, softball fields, tennis courts, weight room

PROGRAMS: After School Program, Free Be SAFE Summer Program, Senior Program, Senior Meals, Learning Hub, Summer

Day Camp Program, Summer Food Program, Teen Program, Youth Sports

26. JACKSON PARK

1432 Jackson St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Dog Park-1800 Jackson, Playground

27. KING, MARTIN LUTHER JR. PARK

1950 Lemon Ave. 1(562) 570-4405

HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.

AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields

PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

28. LEEWAY SAILING CENTER

5437 E. Ocean Blvd. See page 43.

29. LILLY PARK

32 Lilly Ave. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

30. LIVINGSTON DRIVE PLAYGROUND

4700 Livingston Drive 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

31. LOCUST TOT LOT

2331 Locust Ave. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

32. LOMA VISTA PARK

1173 Loma Vista Drive 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground



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33. LONG BEACH SENIOR CENTER

1150 E. 4th St. 1(562) 570-3500

HOURS: M-F: 8 a.m. to 4:30 p.m., Sat.: 10 a.m.-4 p.m.

AMENITIES: Fitness gym, friendly cup café, library, thrift shop

PROGRAMS: Bingo, craft classes, dance classes, fitness classes, lapidary prime time players, sewing, sing-along, social dance, Senior Meals Program

34. LOS ALTOS PARK

4851 Stearns St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

35. LOS ALTOS PLAZA PARK

5230 Anaheim Road 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Playground

36. LOS CERRITOS PARK

3750 Del Mar Ave. 1(562) 570-3150

HOURS: Dawn to Dusk

AMENITIES: Playground, Tennis Courts

37. MACARTHUR PARK

1321 Anaheim St. 1(562) 570-1655

HOURS: After School Program, M-F: 2:30-5:30 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., Homeland: M-Th: 3 to 10 p.m.; Sat.: 10 a.m. to 6 p.m., Sun. 9 a.m. to 6 p.m., Fridays: Closed

AMENITIES: Basketball court, community center, Homeland Cultural Center, playground

PROGRAMS: After School Program, Summer Food Program, Youth Sports

38. MARINA VISTA PARK

5355 Eliot St. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Basketball courts, playground, softball field, soccer field, tennis courts

39. ERNEST MCBRIDE PARK

1550 Martin Luther King, Jr. Ave., 1(562) 570-1605

HOURS: Senior Program, 9 a.m. to 2 p.m., Teen Center M-F, 11 a.m. to 5 p.m., After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.

AMENITIES: Basketball court, community center, playground, skate park, weight/fitness room

PROGRAMS: After School Program, Learning Hub, Senior Program, Senior Meals, Summer Food Program, Teen Program, Youth Sports

40. MIRACLE PARK

1518 E. 4th St. 1(562) 570-1787

HOURS: Dusk to Dawn



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AMENITIES: Playground
PROGRAMS: Youth Sports

41. MOLINA, C DAVID PARK

4951 Oregon Ave. 1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Fitness stations, playground, soccer field

42. NAACP FREEDOM PARK

2300 Martin Luther King Jr. Ave.
1(562) 570-3100

HOURS: Dawn to Dusk

AMENITIES: Bike Path

43. ORIZABA PARK

1435 Orizaba Ave. 1(562) 570-1427

HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.

AMENITIES: Community center, playground, skate park

PROGRAMS: After School Program, Free Be SAFE Summer Program, Learning Hub, Summer Food Program, Youth Sports

44. PAN AMERICAN PARK

5157 Centralia St. 1(562) 570-1660

HOURS: After School Program, M-F: 2:30-5:30 p.m., Summer Fun Days M-F: 11 a.m. to 5 p.m., and Be SAFE Program M-F: 5 to 8 p.m.

AMENITIES: Baseball fields, basketball court, gym, playground, softball fields

PROGRAMS: After School Program, Free Be SAFE Summer Program, Day Camp Program (Summer), Youth Sports

45. PEACE PARK

1411 Atlantic Ave. 1(562) 570-3100

HOURS: Dusk to Dawn

AMENITIES: Playground

46. PROMENADE SQUARE

215 E. First St. 1(562) 570-3150

HOURS: Dusk to Dawn

AMENITIES: Playground

47. RAMONA PARK

3301 East 65th St. 1(562) 570-1665

HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days M-F: 11 a.m. to 5 p.m., and Be SAFE Program M-F: 5 to 8 p.m.

AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields, tennis courts

PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports



48. JENNIE RIVERA MEMORIAL PARK

2001 Walnut Ave. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

49. ROSIE THE RIVETER PARK

Clark and Conant Ave.S 1(562) 570-3100
AMENITIES: Benches, walking path with World War II local WASP and Rosie the Riveter history, Memorial Wall of local service members who have passed since 2001.

50. RECREATION PARK

4900 E. 7th St. 1(562) 570-1670
HOURS: Dawn to dusk
AMENITIES: Band Shell, baseball field, casting pond, community center, dog park, golf course, lawn bowling green, playground, tennis center, softball stadium, volleyball court

51. SCHERER PARK

4600 Long Beach Blvd. 1(562) 570-1674
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 3 to 6 p.m.
AMENITIES: Basketball court, community center, dog park, playground, tennis courts
PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

52. SEASIDE PARK

1401 Chestnut Ave. 1(562) 572.5126
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.
AMENITIES: Playground, soccer fields
PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

53. SILVERADO PARK

1545 West 31st St. 1(562) 570-1675
HOURS: After School Program, M-F: 3-6 p.m., Senior Program, 9 a.m. to 2 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, pool, softball fields, skate park, tennis courts
PROGRAMS: After School Program, Free Be SAFE Summer Program, Senior Programs, Senior Meals, Summer Day Camp Program, Summer Food Program, Teen Programs, Youth Sports

54. SOMERSET PARK

1500 East Carson 1(562) 570-1690
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Basketball court, community center, playground, tennis courts
PROGRAMS: Summer Food Program, Youth Sports

55. STEARNS CHAMPIONS PARK

4520 East 23rd St. 1(562) 570-1685
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, community center, playground, softball fields
PROGRAMS: After School Programs, Summer Day Camp Program, Summer Food Program, Youth Sports

56. VETERANS PARK

101 East 28th St. 1(562) 570-1695
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields, tennis courts
PROGRAMS: After School Program, Learning Hub, Summer Day Camp Program, Summer Food Program, Youth Sports

57. WARDLOW PARK

3457 Stanbridge Ave. 1(562) 570-1705
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields
PROGRAMS: After School Program, Summer Day Camp Program, Summer Food Program, Youth Sports

58. WHALEY PARK

5620 Atherton St. 1(562) 570-1710
HOURS: After School Program, M-F: 2:30-5:30 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, softball fields
PROGRAMS: After School Program, Day Camp Program, Youth Sports

EL DORADO EAST REGIONAL PARK

7550 Spring Street
1(562) 570-1771

Hours: Spring/Summer: 7 a.m.-8 p.m.
March 1-October 31
Fall/Winter: 7 a.m.-5 p.m.
November 1-February 28

RESERVATIONS

Contact us at 1(562) 570-3111. Call to learn more about:

- Reservable Sites
- Special Events
- Company Picnics
- Weddings
- Annual Pass Sales
- Permits to Gather for groups of 25+*
- Youth Camping
- Fun Runs
- Fundraisers

**A Permit to Gather is required by the City of Long Beach for any group of 25 people or more. The Permit must be obtained before the event.*

VEHICLE ENTRY FEES

Cash or cards:

M-Th: \$6 • F: \$7 • Sa and Su: \$8 • Holidays: \$9
School Buses: \$30 • Other buses: \$35 daily

ANNUAL PARKING PASSES

- General \$65 each
- Seniors ages 50+/Disabled Fee: \$40 each

Annual parking passes are available for purchase at the El Dorado Nature Center and the Parks and Recreation Administration Office, at 2760 Studebaker Road, M-F: 8 a.m.-4:30 p.m.

AMENITIES AND SERVICES



- Archery range with target butts. Free archery classes on Saturdays. Contact El Dorado Archers at www.eldorado-archers.com
- Bicycle Rentals-Wheel Fun rentals, call (805) 650-7770
- Bicycle trails-paved (over 4 miles)
- Dog Park
- Campground for Youth Groups
- The El Dorado Frontier. Visit www.theeldoradofrontier.com for more information.
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Park Ranger supervision
- Playgrounds

SAVING WATER

IS THE
LONG BEACH WAY



LiveH₂OLB.com

EL DORADO NATURE CENTER

7550 East Spring Street
1(562) 570-1745

www.longbeach.gov/naturecenter

NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.-5 p.m.

Last entry 4:30 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

Hours may change due to Covid-19 restrictions



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits in the museum and gift shop after you walk the trails.

FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For information, call the Friends' office at 1(562) 570-1745.



EDUCATIONAL PROGRAMS



Pre-registration is required. Call 1(562) 570-1745.

YOUNG EXPLORERS TOUR

Is your scout, youth or homeschool group looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ - hour program. \$6 per person.

BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Ages 3-5. 1½ - hour program. \$5 per person.

DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities



designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, \$7 per person. Grade 5, \$8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program.

In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$8 per person.

PRESCHOOL PROGRAMS

Pre-registration is required at www.lbparks.org.

TAILS & TRAILS PARENT & ME WORKSHOPS

Ages: 2 - 5 years. 10-11:30 a.m. \$20 per class. Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of stories, nature play, and outdoor exploration. Investigate the incredible, changing, natural world with your child, while discovering creatures large and small. Parent participation required.

RAINBOW EXPLORERS · 51732 March 9

Let's celebrate spring and see how many colors we can find on the ground and in the sky.

AMAZING TAILS · 51733 April 13

Come and see how their fluffy, feathered and finned tails help our creature friends.

BUSY BEES · 51734 May 11

Buzz into the Nature Center as we learn more about one of nature's little helpers.

NATURE KIDS! SPRING BREAK DISCOVERY WORKSHOP

Pre-registration is required at www.lbparks.org.

NATUREOLOGY! · 51738 April 18-22

Ages: 5-8, \$100 for the week, M-F 10 a.m.- noon. Join us for a week of fun and exploration this spring! Each day the children will learn about a different aspect of nature through investigation, hands-on activities, games and crafts. Ornithology, Herpetology, Entomology and more! Children must have Kindergarten experience.

SPECIAL EVENTS

EARTH DAY COASTAL CLEANUP

With approximately seven miles of public beach and the many species of plants and wildlife that depend on this habitat, it's important to keep our local marine environment clean and healthy. Help protect our coastline and join us for a cleanup! Let's try to reduce our footprint by bringing your own bucket or bag. Saturday, April 16, 10 a.m - noon. Meet on the sand, east of the Belmont Pier. Rain cancels. Call 1(562) 570-1745 for more information.

MORNING BIRD WALK

Pre-registration is required 1(562) 570-1745. Whether you're a new birder or want to sharpen your skills, join volunteers and staff for this morning walk through the Nature Center. Sundays, March 6, April 3, & May 1, 8 a.m. - 10 a.m. Free program. Parking \$8

VOLUNTEER OPPORTUNITIES

Pre-registration is required 1(562) 570-1745

If you want to make a difference in the lives of plants, animals and people, you are warmly invited to participate in our volunteer opportunities. There's something for everyone; come once or as often as your schedule allows.

1ST SATURDAY STEWARDS

Help us maintain the beauty of the Nature Center by cleaning the stream, pulling weeds, clearing the trails or spreading mulch. Wear sturdy shoes. Rain cancels. Saturdays, March 5, April 2, May 7, 10 a.m. - noon.

3RD SATURDAY WETLAND WARRIOR CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Saturdays, March 19, May 21, 10 a.m. - noon. Meet next to 101 Golden Shore Ave. Rain cancels. April 16 is Earth Day Coastal Cleanup Day.



4TH SATURDAY EL DORADO REGIONAL PARK CLEANUP

Join fellow park-lovers to clean up fishing line and debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, a hat and sunscreen and bring water. All ages welcome. Children and youth under 18 must bring an adult. Saturdays, March 26, April 23, May 28, 9-10 a.m. Meet at the parking lot on the left just past El Dorado Frontier in Area III.

ADOPT-A-BEACH

Get directly involved in protecting our coastline! Any individual, family, civic or non-profit organization, business, etc. is eligible to join the Adopt-A-Beach program. We provide everything you need! Call El Dorado Nature Center at 1(562) 570-1745 to make arrangements or for more information.

RANCHO LOS CERRITOS HISTORIC SITE

4600 North Virginia Road




www.RanchoLosCerritos.org • 1(562) 206-2040

Public Hours: Wednesday-Sunday, 1-5 p.m.

Saturday, 10 a.m.- 5 p.m. Closed: Easter, April 17,

Memorial Day, May 30

Free admission, tours, and parking

Check out our website at RanchoLosCerritos.org to plan your visit and register for events. You can also follow us on Facebook, Instagram, and Twitter.  @RanchoLosCerritos  @RanchoLosC  /RanchoLosC



RANCHO LOS CERRITOS

Rancho Los Cerritos is a Local, State, and National Historic Landmark in north Long Beach. The museum features a historic adobe home and gardens that showcase the history of the region by highlighting the stories of the families who lived and worked there over the last several hundred years. The mission of Rancho Los Cerritos is to honor diverse perspectives, enrich collaborative conversations, and inspire broader understanding through stewardship of the site's natural and cultural history. We aspire to cultivate an inclusive and sustainable world by exploring the historic connections between people and the site.

At the Visitor Center you can see the curated exhibit, explore the adobe home and grounds, take a guided tour of the house and gardens, or participate in a family scavenger hunt.

Today the site is no longer a working ranch, but a community space. The five-acre site offers a wide range of programs for all ages, and the research library and archives are available by appointment. You can also rent the site for private events such as weddings, corporate retreats, and luncheons.

STORYTIME Tuesday Mornings, 10 a.m.

Every Tuesday morning outside the courtyard gates from 10 to 10:30 a.m. Sing songs, hear stories, and make new friends. RSVP on our website or provide contact information upon arrival. Rain or shine. FREE.

STORYTIME BILINGÜE Third Saturdays 10 a.m.

Join us in the Rancho gardens on third Saturdays from 10 to 10:30 a.m. Sing songs and hear stories in English and Spanish. RSVP on our website or provide contact information upon arrival. Rain or shine. FREE.

BIRD WALK Second

Thursdays 8 – 9:30 a.m.

Every second Thursday stroll through the grounds of the historic Rancho and watch both resident birds and seasonal migrants. Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable shoes and bring a hat and binoculars, if you have them. RSVP on our website or provide



contact information upon arrival. Rain cancels. FREE.

CREATION STATION Third Saturday March-May, 1-1:45 p.m.

We are bringing Creation Station to you in a new format! Starting on the first Wednesday of each month, you can pick up a FREE craft kit from RLC with the materials needed to create seasonal arts and crafts during Creation Station, which streams LIVE on RLC's Facebook on the third Saturday of the month. Activities are geared toward children ages 5-10, but everyone is welcome to participate. Note: A recorded version of this 45-minute program will be available after it streams live.



EXHIBITIONS

"ROOTS IN CALIFORNIA: CONCEPTS OF HOME (Raíces en California: Conceptos de Hogar)" New Exhibit MARCH 27, 2022 – MARCH 2023

This new exhibit shares the oral histories of Mexican Americans living at Rancho Los Cerritos between the 1890s and 1930s connecting them to five stories of Mexican and Mexican Americans currently living in California. The exhibition will examine the complex concept of home through these stories. Free. For more detailed information please refer to our website.

MEMBERSHIP

Join for special offers, members-only events, and discounts on programs! As a member, you become part of our history and ensure the preservation of this National, State, and Local Historic Landmark. Please visit: RanchoLosCerritos.org/Membership.



VISIT RLC

Rancho Los Cerritos is happy to welcome visitors to the site Wednesday – Sunday 1-5 p.m., Saturdays starting at 10 a.m. You may RSVP ahead of time on our website at: RanchoLosCerritos.org/reserve. Walk-ins are welcome too, but must sign in upon arrival. While on site, visitors have a variety of options for activities. Learn about our most current covid protocols on our website.

Guided tours of the house and gardens give visitors an engaging overview of the history of the site led by a RLC docent. Tours in English can be requested upon arrival. Tours in Spanish must be requested in advance. FREE.

Self-paced tours of the site are also available. Guests can stroll through the house and grounds on their own, and may use a written guide in a printed or online version to learn about what they are seeing. Printed guides are available in Spanish, Khmer, and Tagalog. FREE.

Family scavenger hunts can be obtained in English or Spanish at the Visitor Center check in. These fun guides are designed for elementary aged children but can be enjoyed by the whole family. FREE.



Picnicking is available in our designated picnicking area.

Rancho Los Cerritos also offers a virtual tour for those who cannot come in person. Visitors can move through the three-dimensional space and discover more information about the rooms and some key artifacts within them. The tour can be found on our website: rancholoscerritos.org/virtual-tour/.

VOLUNTEER OPPORTUNITIES

Rancho Los Cerritos is a historic landmark located in the Bixby Knolls neighborhood. Whether you're interested in gardening, crafts, curatorial work, sharing history, or greeting folks in the Visitor Center, we have a place for you. Please visit: RanchoLosCerritos.org/Volunteer.



SITE RENTALS

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site. Contact Mallory Rydell, Special Events Coordinator Direct line: 1 (562) 206-2055. Events@RanchoLosCerritos.org.

RESEARCH OPPORTUNITIES

The research library is available by appointment with the curator, Carlos Ortega. Direct line: 1 (562) 206-2039 CarlosO@RanchoLosCerritos.org.

BELMONT PLAZA POOL

4320 East Olympic Plaza • 1 (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. POOL CLOSED MONDAY, MAY 30 (MEMORIAL DAY).

OPEN SWIM FEES

Youth, ages 17 Yrs & under: \$1
Seniors, ages 50 Yrs & over: \$3
Adults, ages 18-49 Yrs: \$4

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$20, Seniors-\$58, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M-F	5:30 -9:30 a.m.
M/W/F	10 a.m.-2 p.m.
T/Th	11 a.m.-2 p.m.
T/Th	7-9 p.m.
Sa	8 a.m.- noon

ALL AGES RECREATION SWIM

M/W	7 -9 p.m.
Sa	noon-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 1 (562) 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call 1 (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$48 for a fitness pass valid for 10 classes.

Shallow Water Exercise:	
M/W/F	11-11:50 a.m.
T/Th	7:10-8 p.m.
Deep Water Exercise:	
M/W/F	10-10:50 a.m.

SWIM LESSONS

Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line at lbparks.org or at Belmont Plaza Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbparks.org> to register online. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

REGISTRATION DATES:

Lessons	Start Date	Registration Dates
3/5 – 4/23	Saturday	February 5 at 8 a.m.
4/30 – 6/18	Saturday	April 2 at 8 a.m.

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

51211	13Yrs +	3/5-4/23	8-8:50 a.m.	Sa	\$65
51212	13Yrs +	4/30-6/18	8 -8:50 a.m.	Sa	\$65

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

51213	6-12 Yrs	3/5-4/23	10-10:25 a.m.	Sa	\$55
51214	6-12 Yrs	3/5-4/23	11-11:25 a.m.	Sa	\$55
51215	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$55
51216	6-12 Yrs	4/30-6/18	11-11:25 a.m.	Sa	\$55

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

51217	6-12 Yrs	3/5-4/23	10-10:25 a.m.	Sa	\$55
51218	6-12 Yrs	3/5-4/23	11:30-11:55 a.m.	Sa	\$55
51219	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$55
51220	6-12 Yrs	4/30-6/18	11:30-11:55 a.m.	Sa	\$55

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

51221	6-12 Yrs	3/5-4/23	10:30-10:55 a.m.	Sa	\$55
51222	6-12 Yrs	4/30-6/18	10:30-10:55 a.m.	Sa	\$55

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

51223	6-12 Yrs	3/5-4/23	8:30-8:55 a.m.	Sa	\$55
51224	6-12 Yrs	4/30-6/18	8:30-8:55 a.m.	Sa	\$55

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

51225	6-12 Yrs	3/5-4/23	8-8:25 a.m.	Sa	\$55
51226	6-12 Yrs	4/30-6/18	8-8:25 a.m.	Sa	\$55

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

51227	9 Mos-2 Yrs	3/5-4/23	9-9:25 a.m.	Sa	\$55
51228	9 Mos-2 Yrs	3/5-4/23	11:30-11:55 a.m.	Sa	\$55
51229	9 Mos-2 Yrs	4/30-6/18	9-9:25 a.m.	Sa	\$55
51230	9 Mos-2 Yrs	4/30-6/18	11:30-11:55 a.m.	Sa	\$55

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

51231	3-5 Yrs	3/5-4/23	9-9:25 a.m.	Sa	\$55
51232	3-5 Yrs	3/5-4/23	10:30-10:55 a.m.	Sa	\$55
51233	3-5 Yrs	4/30-6/18	9-9:25 a.m.	Sa	\$55
51234	3-5 Yrs	4/30-6/18	10:30-10:55 a.m.	Sa	\$55

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

51235	3-5 Yrs	3/5-4/23	9:30-9:55 a.m.	Sa	\$55
51236	3-5 Yrs	3/5-4/23	11-11:25 a.m.	Sa	\$55
51237	3-5 Yrs	4/30-6/18	9:30-9:55 a.m.	Sa	\$55
51238	3-5 Yrs	4/30-6/18	11-11:25 a.m.	Sa	\$55

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

51239	3-5 Yrs	3/5-4/23	9:30-9:55 a.m.	Sa	\$55
51240	3-5 Yrs	4/30-6/18	9:30-9:55 a.m.	Sa	\$55

LEEWAY SAILING CENTER

5437 E. Ocean Blvd.



GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility.

LEEWAY CLOSED SATURDAY, MAY 28 - MONDAY, MAY 30 (MEMORIAL DAY Holiday).

BEGINNING SABOT SAILING (8' BOATS) \$120
8 - 12 Yrs

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

51190	3/5-3/26	9 a.m.-noon	Sa
51191	4/2-4/23	9 a.m.-noon	Sa
51193	4/30-5/21	9 a.m.-noon	Sa

SPRING SAILING CAMP (8' BOATS) \$120
8 - 12 Yrs

A three-day Spring Break camp for Sabot sailors that are ready to learn more advanced racing techniques. Must have completed Intermediate Sabot Sailing class.

51192	4/20-4/22	11 a.m.-3 p.m.	W-F
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KING PARK POOL

1910 Lemon Avenue • 1 (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 82-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED MONDAY, May 30th (Memorial Day).

MASK ARE REQUIRED TO ENTER THE FACILITY AND MUST BE WORN ON DECK

OPEN SWIM FEES

Youth, ages 17yrs & under: \$1
Seniors, ages 50 yrs & up: \$2
Adults, ages 18-49 yrs: \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Seniors-\$40, Adults-\$65. Membership pass is valid for 25 visits. Fees may be subject to change.

LAP SWIM

T/Th/F 6-8 a.m.
T/Th/F noon-2 p.m.
T/Th 9-11 a.m.
Sa/Su noon-1 p.m.

ALL AGES RECREATION SWIM

Sa/Su 1-3:30 p.m.
T/Th/F 2:30-4 p.m.
T/Th 6:30-8 p.m.

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass. Adults are able to purchase an Adult Fitness Pass at \$60 for 20 visits.

Deep Water T/Th/F 6:30-7:20 a.m.
Shallow Water T/Th/F 8-8:50 a.m.
Shallow Water M/W 6-6:50 p.m.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please

make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

REGISTRATION DATES

Lessons	Starting Date:	Registration Begins:
3/1-3/24	Tuesday/Thursday	2/22/22 at 8 a.m.
3/5-4/23	Saturday	2/19/22 at 8 a.m.
3/29-4/21	Tuesday/Thursday	3/22/22 at 8 a.m.
4/26-5/19	Tuesday/Thursday	4/19/22 at 8 a.m.
4/30-6/18	Saturday	4/16/22 at 8 a.m.
5/24-6/16	Tuesday/Thursday	5/17/22 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

51638 9 Mos-3 Yrs 3/5-4/23 9:30-9:55 a.m. Sa \$32
51666 9 Mos-3 Yrs 4/30-6/18 9:30-9:55 a.m. Sa \$32

AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

51589 3-5 Yrs 3/1-3/24 4-4:25 p.m. T/Th \$32
51644 3-5 Yrs 3/5-4/23 10:30-10:55 a.m. Sa \$32
51598 3-5 Yrs 3/29-4/21 4-4:25 p.m. T/Th \$32
51607 3-5 Yrs 4/26-5/19 4-4:25 p.m. T/Th \$32
51679 3-5 Yrs 4/30-6/18 10:30-10:55 a.m. Sa \$32
51616 3-5 Yrs 5/24-6/16 4-4:25 p.m. T/Th \$32

AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

51591 3-5 Yrs 3/1-3/24 4:30-4:55 p.m. T/Th \$32
51647 3-5 Yrs 3/5-4/23 11-11:25 a.m. Sa \$32
51600 3-5 Yrs 3/29-4/21 4:30-4:55 p.m. T/Th \$32
51609 3-5 Yrs 4/26-5/19 4:30-4:55 p.m. T/Th \$32
51685 3-5 Yrs 4/30-6/18 11-11:25 a.m. Sa \$32
51618 3-5 Yrs 5/24-6/16 4:30-4:55 p.m. T/Th \$32

AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

51593	3-5 Yrs	3/1-3/24	5-5:25 p.m.	T/Th	\$32
51637	3-5 Yrs	3/5-4/23	9-9:25 a.m.	Sa	\$32
51602	3-5 Yrs	3/29-4/21	5-5:25 p.m.	T/Th	\$32
51611	3-5 Yrs	4/26-5/19	5-5:25 p.m.	T/Th	\$32
51664	3-5 Yrs	4/30-6/18	9-9:25 a.m.	Sa	\$32
51620	3-5 Yrs	5/24-6/16	5-5:25 p.m.	T/Th	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

51588	6-12 Yrs	3/1-3/24	4-4:25 p.m.	T/Th	\$32
51641	6-12 Yrs	3/5-4/23	10-10:25 a.m.	Sa	\$32
51645	6-12 Yrs	3/5-4/23	11-11:25 a.m.	Sa	\$32
51648	6-12 Yrs	3/5-4/23	11:30-11:55 a.m.	Sa	\$32
51597	6-12 Yrs	3/29-4/21	4-4:25 p.m.	T/Th	\$32
51606	6-12 Yrs	4/26-5/19	4-4:25 p.m.	T/Th	\$32
51669	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$32
51681	6-12 Yrs	4/30-6/18	11-11:25 a.m.	Sa	\$32
51688	6-12 Yrs	4/30-6/18	11:30-11:55 a.m.	Sa	\$32
51615	6-12 Yrs	5/24-6/16	4-4:25 p.m.	T/Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

51590	6-12 Yrs	3/1-3/24	4:30-4:55 p.m.	T/Th	\$32
51642	6-12 Yrs	3/5-4/23	10:30-10:55 a.m.	Sa	\$32
51649	6-12 Yrs	3/5-4/23	11:30-11:55 a.m.	Sa	\$32
51599	6-12 Yrs	3/29-4/21	4:30-4:55 p.m.	T/Th	\$32
51608	6-12 Yrs	4/26-5/19	4:30-4:55 p.m.	T/Th	\$32
51674	6-12 Yrs	4/30-6/18	10:30-10:55 a.m.	Sa	\$32
51689	6-12 Yrs	4/30-6/16	11:30-11:55 a.m.	Sa	\$32
51617	6-12 Yrs	5/24-6/16	4:30-4:55 p.m.	T/Th	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

51595	6-12 Yrs	3/1-3/24	5:30-5:55 p.m.	T/Th	\$32
51646	6-12 Yrs	3/5-4/23	11-11:25 a.m.	Sa	\$32
51604	6-12 Yrs	3/29-4/21	5:30-5:55 p.m.	T/Th	\$32
51613	6-12 Yrs	4/26-5/19	5:30-5:55 p.m.	T/Th	\$32
51683	6-12 Yrs	4/30-6/18	11-11:25 a.m.	Sa	\$32
51622	6-12 Yrs	5/24-6/16	5:30-5:55 p.m.	T/Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

51596	6-12 Yrs	3/1-3/24	6-6:25 p.m.	T/Th	\$32
51643	6-12 Yrs	3/5-4/23	10:30-10:55 a.m.	Sa	\$32
51650	6-12 Yrs	3/5-4/23	11:30-11:55 a.m.	Sa	\$32
51605	6-12 Yrs	3/29-4/21	6-6:25 p.m.	T/Th	\$32
51614	6-12 Yrs	4/26-5/19	6-6:25 p.m.	T/Th	\$32
51676	6-12 Yrs	4/30-6/18	10:30-10:55 a.m.	Sa	\$32
51691	6-12 Yrs	4/30-6/18	11:30-11:55 a.m.	Sa	\$32
51623	6-12 Yrs	5/24-6/16	6-6:25 p.m.	T/Th	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

51639	6-12 Yrs	3/5-4/23	10-10:25 a.m.	Sa	\$32
51671	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly.

51640	6-12 Yrs	3/5-4/23	10-10:25 a.m.	Sa	\$32
51673	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$32

AQUATICS - LEVEL 5/6

Skills taught in Level 5/6 include: diving, flip turns, treading water, and building endurance in front crawl, back crawl, breaststroke, and butterfly.

51592	6-12 Yrs	3/1-3/24	5-5:25 p.m.	T/Th	\$32
51601	6-12 Yrs	3/29-4/21	5-5:25 p.m.	T/Th	\$32
51610	6-12 Yrs	4/26-5/19	5-5:25 p.m.	T/Th	\$32
51619	6-12 Yrs	5/24-6/16	5-5:25 p.m.	T/Th	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

51594	13 Yrs+	3/1-3/24	5:30-6:20 p.m.	T/Th	\$40
51635	13 Yrs+	3/5-4/23	9-9:50 a.m.	Sa	\$40
51603	13 Yrs+	3/29-4/21	5:30-6:20 p.m.	T/Th	\$40
51612	13 Yrs+	4/26-5/19	5:30-6:20 p.m.	T/Th	\$40
51662	13 Yrs+	4/30-6/18	9-9:50 a.m.	Sa	\$40
51621	13 Yrs+	5/24-6/16	5:30-6:20 p.m.	T/Th	\$40

JUNIOR LIFEGUARD PROGRAM



Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16 (tryouts may be required). Please call the pool for more information. Saturdays, 9 a.m. starting March 5 and April 30.

POOL RENTALS

Please call the supervisor at 1(562)-570-1718 for information, fees, and scheduling availability.

SILVERADO PARK POOL

1540 West 32nd Street • 1 (562) 570-1721

GENERAL INFORMATION

The Silverado Pool Swimming Pool is a year-round, indoor 25-meter pool with water temperature maintained at a comfortable 82 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." The schedule and fees may be subject to change. POOL CLOSED – MONDAY, MAY 30 (Memorial Day).

MASK ARE REQUIRED TO ENTER THE FACILITY AND MUST BE WORN ON DECK

OPEN SWIM FEES

Youth (17 years & under): \$1

Seniors (50 years & over): \$2

Adults (18 years & over): \$3

*No refunds will be offered

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.



LAP SWIM

M/W/F 6:30 – 10 a.m. Sa noon – 1 p.m.
noon – 2 p.m. Su 8 – 10 a.m.

ALL AGES RECREATION SWIM

M/ W 2 – 3:30 p.m.
Sa 1 – 3:30 p.m.

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Deep Water Exercise: M/W/F/Su 10 – 10:50 a.m.
Shallow Water Exercise: M/W/F/Su 11 – 11:50 a.m.

SWIMMING LESSONS

Sessions are 8 classes, conducted during a four – week session (Monday and Wednesday) or an eight– week sessions (Saturday's only). Registration for the classes will be taken at Silverado Pool during regular schedule hours or online on a first – come, first – served basis. Please register early to reserve your place in class and no later than one week prior to the beginning of the session. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

Classes may be cancelled or combined in the event of low enrollment.

- Youth classes are 25 minutes in length; adult classes are 50 minutes in length.
- If you are unsure of the level for which to sign up, call 1 (562) 570-1721 to arrange a swim test.

REGISTRATION DATES

Lessons	Starting Date:	Registration Begins:
3/5 – 4/23	Saturdays	2/5/22 at 8 a.m.
2/28 – 3/23	Monday/Wednesday	2/16/22 at 3 p.m.
3/28 – 4/20	Monday/Wednesday	3/16/22 at 3 p.m.
4/30 – 6/18	Saturdays	4/02/22 at 8 a.m.
4/25 – 5/18	Monday/Wednesday	4/13/22 at 3 p.m.
5/23 – 6/15	Monday/Wednesday	5/11/22 at 3 p.m.

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

51692	13 Yrs +	3/5 – 4/23	8 – 8:50 a.m.	Sa	\$40
51755	13 Yrs +	2/28 – 3/23	6 – 6:50 p.m.	MW	\$40
51756	13 Yrs +	3/28 – 4/20	6 – 6:50 p.m.	MW	\$40
51693	13 Yrs +	4/30 – 6/18	8 – 8:50 a.m.	Sa	\$40
51757	13 Yrs +	4/25 – 5/18	6 – 6:50 p.m.	MW	\$40
51758	13 Yrs +	5/23 – 6/15	6 – 6:50 p.m.	MW	\$35

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

51696	6-12 Yrs	3/5 – 4/23	10 – 10:25 a.m.	Sa	\$32
51694	6-12 Yrs	3/5 – 4/23	11:30–11:55 a.m.	Sa	\$32
51759	6-12 Yrs	2/28 – 3/23	4:30 – 4:55 p.m.	MW	\$32
51760	6-12 Yrs	3/28 – 4/20	4:30 – 4:55 p.m.	MW	\$32
51697	6-12 Yrs	4/30 – 6/18	10–10:25 a.m.	Sa	\$32
51695	6-12 Yrs	4/30 – 6/18	11:30–11:55 a.m.	Sa	\$32
51761	6-12 Yrs	4/25 – 5/18	4:30–4:55 p.m.	MW	\$32
51762	6-12 Yrs	5/23 – 6/15	4:30–4:55 p.m.	MW	\$28

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

51698	6-12 Yrs	3/5 - 4/23	10-10:25 a.m.	Sa	\$32
51763	6-12 Yrs	2/28-3/23	4:30-4:55 p.m.	MW	\$32
51764	6-12 Yrs	3/28-4/20	4:30-4:55p.m.	MW	\$32
51699	6-12 Yrs	4/30-6/18	10-10:25 a.m.	Sa	\$32
51765	6-12 Yrs	4/25-5/18	4:30-4:55p.m.	MW	\$32
51766	6-12 Yrs	5/23 - 6/15	4:30-4:55p.m.	MW	\$28

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

51700	6-12 Yrs	3/5 - 4/23	10:30-10:55a.m.	Sa	\$32
51767	6-12 Yrs	2/28 - 3/23	5-5:25p.m.	MW	\$32
51768	6-12 Yrs	3/28 - 4/20	5-5:25p.m.	MW	\$32
51701	6-12 Yrs	4/30 - 6/18	10:30-10:55a.m.	Sa	\$32
51769	6-12 Yrs	4/25 - 5/18	5-5:25p.m.	MW	\$32
51770	6-12 Yrs	5/23 - 6/15	5-5:25p.m.	MW	\$28

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

51702	6-12 Yrs	3/5-4/23	10:30-10:55a.m.	Sa	\$32
51771	6-12 Yrs	2/28-3/23	5-5:25p.m.	MW	\$32
51772	6-12 Yrs	3/28-4/20	5-5:25p.m.	MW	\$32
51773	6-12 Yrs	4/30-6/18	10:30-10:55a.m.	Sa	\$32
51774	6-12 Yrs	4/25-5/18	5-5:25p.m.	MW	\$32
51775	6-12 Yrs	5/23-6/15	5-5:25p.m.	MW	\$28

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2

51776	6-12 Yrs	3/5-4/23	11-11:25a.m.	Sa	\$32
51777	6-12 Yrs	2/28-3/23	5:30-5:55p.m.	MW	\$32
51778	6-12 Yrs	3/28-4/20	5:30-5:55p.m.	MW	\$32
51779	6-12 Yrs	4/30-6/18	11-11:25a.m.	Sa	\$32
51780	6-12 Yrs	4/25-5/18	5:30-5:55p.m.	MW	\$32
51781	6-12 Yrs	5/23-6/15	5:30-5:55p.m.	MW	\$28

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

51782	6-12 Yrs	3/5 - 4/23	11-11:25a.m.	Sa	\$32
51783	6-12 Yrs	2/28-3/23	5:30-5:55p.m.	MW	\$32
51784	6-12 Yrs	3/28-4/20	5:30-5:55p.m.	MW	\$32
51785	6-12 Yrs	4/30-6/18	11-11:25a.m.	Sa	\$32
51786	6-12 Yrs	4/25-5/18	5:30-5:55p.m.	MW	\$32
51787	6-12 Yrs	5/23-6/15	5:30-5:55p.m.	MW	\$28

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skillstaught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

51788	9Mos-3 Yrs	3/5-4/23	9-9:25 a.m.	Sa	\$32
51789	9Mos-3 Yrs	2/28-3/23	6-6:25 p.m.	MW	\$32
51790	9Mos-3 Yrs	3/28-4/20	6-6:25 p.m.	MW	\$32
51791	9Mos-3 Yrs	4/30-6/18	9-9:25 a.m.	Sa	\$32
51792	9Mos-3 Yrs	4/25-5/18	6-6:25 p.m.	MW	\$32
51793	9Mos-3 Yrs	5/23-6/15	6-6:25 p.m.	MW	\$28



AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

51794	3-5 Yrs	3/5 - 4/23	9:30-9:55 a.m.	Sa	\$32
51795	3-5 Yrs	3/5 - 4/23	11-11:25 a.m.	Sa	\$32
51796	3-5 Yrs	2/28 - 3/23	4-4:25 p.m.	MW	\$32
51797	3-5 Yrs	3/28 - 4/20	4-4:25 p.m.	MW	\$32
51798	3-5 Yrs	4/30 - 6/18	9:30-9:55 a.m.	Sa	\$32
51799	3-5 Yrs	4/30 - 6/18	11-11:25 a.m.	Sa	\$32
51800	3-5 Yrs	4/25 - 5/18	4-4:25 p.m.	MW	\$32
51810	3-5 Yrs	5/23 - 6/15	4-4:25 p.m.	MW	\$28

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

51801	3-5 Yrs	3/5-4/23	9:30-9:55 a.m.	Sa	\$32
51802	3-5 Yrs	2/28-3/23	4-4:25 p.m.	MW	\$32
51803	3-5 Yrs	3/28-4/20	4-4:25 p.m.	MW	\$32
51804	3-5 Yrs	4/30-6/18	9:30-9:55 a.m.	Sa	\$32
51805	3-5 Yrs	4/2 - 5/18	4-4:25 p.m.	MW	\$32
51806	3-5 Yrs	5/23-6/15	4-4:25 p.m.	MW	\$28

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

51807	3-5 Yrs	3/5-4/23	10:30-10:55 a.m.	Sa	\$32
51808	3-5 Yrs	4/30-6/18	10:30-10:55 a.m.	Sa	\$32

RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road · 1 (562) 431-3541 · www.RanchoLosAlamitos.org

PUBLIC HOURS: Wednesday-Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at Anaheim and Palo Verde. Free admission.



Rancho Los Alamitos is on the National Register of Historic Places and has been home to diverse cultures for over 7,000 years. It includes a ranch house (ca. 1790-1933), 4 acres of lush historic gardens, an interpretive center, a gift shop stocked with books and unique items, and a restored barnyard with livestock including horses, sheep, goats, chickens, and ducks.

Rancho Los Alamitos Is Open Daily Wednesday through Sunday, 1:00 to 5:00 pm. Reservations are encouraged but not required.



During your visit, wander garden trails, learn from knowledgeable docents and volunteers, meet the barnyard's resident livestock, and explore California history. Free admission and parking.

Events and activities are subject to change. Please visit RanchoLosAlamitos.org for the latest information about all programs, events, and group tours.

SPRING ACTIVITIES AT RANCHO LOS ALAMITOS

MORNING FOR FAMILIES

Saturday, March 12, 2022 10:00 am to noon.

Bring the entire family to explore the environment and connect with nature. Uncover the history of water on the hilltop, engage in an interactive story time, and create a recycled craft project to take home.



TENTH ANNUAL COTTONWOOD AWARDS LUNCHEON

Thursday, May 26, 2022 11:00 am to 1:30 pm. Reservations required.

VOLUNTEER OPPORTUNITIES

In addition to being a fascinating place to visit, the Rancho is a wonderful place to volunteer! Our volunteer service areas include gardening, public engagement, leading school field trips, and more. Assignments, time commitments, and training varies to suit your interests, talents, and needs. Join us! <https://rancholosalamitos.org/volunteer.html>.



VIRTUAL TOUR

Explore the Rancho's history on your smartphone! Visit locations that tell stories of change, continuity, and the intersecting lives of those who lived, gathered, and worked here. Follow the tour during your visit or from the comfort of home. <https://www.izi.travel/en/1dcd-rancho-los-alamitos-introductory-tour/en>.



VIRTUAL FIELD TRIPS

The Rancho offers engaging virtual school programs that complement California's history and social science curriculum. For third-grade, Tovaave: A Tongva Cultural Program, shares the vibrant culture and

history of the Tongva, the indigenous people of the L.A. Basin. For fourth-grade, Footprints on the Land explores California history through the site's ranch house, gardens, and barnyard. Contact schools@RanchoLosAlamitos.org for more information.

Fitness Zones

to get you moving

**Admiral Kidd Life Trail
Bixby Fitness Loop
Chavez Park Fitness Loop
Coolidge Park Fitness Zone
Downtown Fitness Loop
Houghton Park Fitness Loop
Orizaba Park Fitness Zone**



FREE, EASY-TO-USE OUTDOOR GYMS, WALKING PATHS AND EXERCISE INSTRUCTION STATIONS.



**CITY OF
LONG
BEACH**

TENNIS

Billie Jean King, El Dorado Park Tennis Centers. Marina Vista, Los Cerritos, Naples, Scherer and Somerset Tennis Courts

We encourage everyone to register online at www.long-beach.gov/park and click on the LB RecConnect link, then follow those directions. You can also use the standard Registration Form on the last page of this book, fill out the form with waiver signature and drop off the correct payment and completed form at BJK or El Dorado Park Tennis Centers. Please make checks payable to Bridge The Gap Tennis, send to: 1040 Park Ave, Long Beach, CA 90804. Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED! Also, each participant is required to bring two (2) cans of NEW tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Instructor: Los Cerritos-Pastorini; Naples+ Somerset-Inouye; El Dorado West-Pros - 10 WEEKS. *No Class 4/17. Class fee: \$105.

Pros				El Dorado West			
51377	Beg	4-5 Yrs	3/28-5/30	3-3:30 p.m.	M		
51380	Beg	4-5 Yrs	4/1-6/3	3-3:30 p.m.	F		
51381	Beg	4-5 Yrs	3/26-5/28	8:30-9 a.m.	Sa		
Pastorini				Los Cerritos			
51378	Beg	4-5 Yrs	3/28-5/30	4:30-5 p.m.	M		
Inouye				Somerset			
51379	Beg	4-5 Yrs	3/29-5/31	7-7:30 p.m.	Tu		
Inouye				Naples			
51382	Beg	4-5 Yrs	3/26-5/28	9:30-10 a.m.	Sa		
51383	Beg	4-5 Yrs	3/27-6/5	9:30-10 a.m.	Su		

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Instructors: Los Cerritos-Pastorini; Naples + Somerset-Inouye; El Dorado West-Pros - Min 4/Max 11; 10 WEEKS. *No Class 4/17. Class fee: \$105.

Pros				El Dorado West			
51384	Beg	5-7 Yrs	3/28-5/30	3:30-4 p.m.	M		
51387	Beg	5-7 Yrs	3/30-6/1	3-3:30 p.m.	W		
51388	Beg	5-7 Yrs	3/30-6/1	3:30-4 p.m.	W		
51389	Beg	5-7 Yrs	4/1-6/3	3:30-4 p.m.	F		
Pastorini				Los Cerritos			
51385	Beg	5-7 Yrs	3/28-5/30	4:30-5 p.m.	M		
Inouye				Somerset			
51386	Beg	5-7 Yrs	3/29-5/31	7:30-8 p.m.	Tu		
Inouye				Naples			
51391	Adv	5-7 Yrs	3/26-5/28	9-9:30 a.m.	Sa		
51390	Beg/AdvBeg	5-7 Yrs	3/27-6/5	9-9:30 a.m.	Su		

YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Instructors: El Dorado West-Pros; Naples-Inouye; Somerset-Inouye; Los Cerritos-Pastorini + Sleigh; Group Lessons: Min 6/Max 11 - 10 WEEKS. *No Class 4/17. Class fee: \$130.

Pros				El Dorado West			
51399	Beg	7-15 Yrs	3/28-5/30	4-5 p.m.	M		
51401	Beg	7-15 Yrs	3/29-5/31	4:30-5:30 p.m.	Tu		
51402	AdvBeg	7-15 Yrs	3/29/5/31	5:30-6:30 p.m.	Tu		
51403	Beg	7-15 Yrs	3/30-6/1	4-5 p.m.	W		
51404	AdvBeg	7-15 Yrs	3/30-6/1	5-6 p.m.	W		
51406	Beg	7-15 Yrs	3/31-6/2	4:30-5:30 p.m.	Th		
51407	AdvBeg	7-15 Yrs	3/31-6/2	5:30-6:30 p.m.	Th		
51409	Beg/AdvBeg	7-15 Yrs	4/1-6/3	4-5 p.m.	F		
51410	AdvBeg	7-15 Yrs	4/1-6/3	5-6 p.m.	F		
51412	Beg	7-10 Yrs	3/26-5/28	9-10 a.m.	Sa		
51413	AdvBeg	7-15 Yrs	3/26-5/28	10-11a.m.	Sa		
Pastorini				Los Cerritos			
51400	Beg/AdvBeg	7-15 Yrs	3/28-5/30	5-6 p.m.	M		
51418	Beg	7-10 Yrs	3/27-6/5	1-2 p.m.	Su		
51419	AdvBeg	7-15 Yrs	3/27-6/5	2-3 p.m.	Su		
Inouye				Somerset			
51405	Adv	8-12 Yrs	3/30-6/1	7-8 p.m.	W		
51408	Int	8-12 Yrs	3/31-6/2	7-8 p.m.	Th		
51411	Beg	8-12 Yrs	4/1-6/3	7-8 p.m.	F		
Inouye				Naples			
51414	Beg	8-12 Yrs	3/27-6/5	10-11a.m.	Su		
51415	AdvBeg	8-12 Yrs	3/27-6/5	11-noon	Su		
51416	Int	8-12 Yrs	3/27-6/5	noon-1 p.m.	Su		
51417	Adv	8-12 Yrs	3/27-6/5	1-2 p.m.	Su		

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 Yrs & up Min 6/Max 12 - 10 WEEKS. *No Class 4/17.

Pastorini				Billie Jean King			
51420	Int	3/29-5/31	7-8:30p.m.	Tu		\$144	
Pastorini				Marina Vista			
51445	AdBeg	3/31-6/2	9-10 a.m.	Th		\$130	
51446	Int	3/31-6/2	10-11 a.m.	Th		\$130	
Inouye				Naples			
51447	Int	3/26-5/28	10-11 a.m.	Sa		\$130	
51448	Adv	3/26-5/28	11-noon	Sa		\$130	
51449	Beg	3/26-5/28	noon-1 p.m.	Sa		\$130	
51450	AdvBeg	3/26-5/28	1-2 p.m.	Sa		\$130	

Inouye

51451	AdvBeg	3/29-5/31	8:00-9 p.m.	Tu	\$130
51452	Adv	3/30-6/1	8:00-9 p.m.	W	\$130
51453	Int	3/31-6/2	8:00-9 p.m.	Th	\$130
51454	Beg	4/1-6/3	8:00-9 p.m.	F	\$130

Unger

*No Class 4/20

51421	LowInt/Int	3/28-5/23	6-7:30 p.m.	M	\$144
51422	LowInt/Int	3/23-5/25	6-7 p.m.	W	\$117
51423	HighInt/Adv	3/23-5/25	7-8:30 p.m.	W	\$144

Unger

51424	Int/HilInt	3/26-5/21	9:30-11 a.m.	Sa	\$144
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Pros

51425	Int	3/28-5/30	10-11 a.m.	M	\$130
51426	Beg	3/28-5/30	7-8 p.m.	M	\$130
51427	AdvBeg	3/28-5/30	8-9 p.m.	M	\$130
51428	AdvBeg	3/29-5/31	9-10 a.m.	Tu	\$130
51429	Int	3/29-5/31	10-11 a.m.	Tu	\$130
51430	AdvBeg	3/29-5/31	6:30-7:30 p.m.	Tu	\$130
51431	Int	3/29-5/31	7:30-8:30 p.m.	Tu	\$130
51432	Beg	3/30-6/1	9-10 a.m.	W	\$130
51433	Beg/AdvBeg	3/30-6/1	10-11 a.m.	W	\$130
51434	Int	3/30-6/1	11-noon	W	\$130
51435	AdvBeg	3/30-6/1	7-8 p.m.	W	\$130
51436	Int	3/31-6/2	9-10 a.m.	Th	\$130
51437	AdvBeg	3/31-6/2	10-11 a.m.	Th	\$130
51438	AdvBeg	3/31-6/2	6:30-7:30p.m.	Th	\$130
51439	Int	3/31-6/2	7:30-8:30 p.m.	Th	\$130
51440	Beg	4/1-6/3	9:30-10:30 a.m.	F	\$130
51441	AdvBeg	4/1-6/3	10:30-11:30 a.m.	F	\$130
51442	Beg	3/27-6/5	8-9 a.m.	Su	\$130
51443	AdvBeg	3/27-6/5	9-10 a.m.	Su	\$130
51444	Int	3/27-6/5	10-11 a.m.	Su	\$130

SENIOR CLASS

Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. Players of ANY AGE can take up tennis as part of an overall exercise prescription. Get involved in a sport where you can play at any age or skill level. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a class designed for our senior population ages 60+ years of age. Tennis is also a tremendously effective fitness activity for all seniors. All levels welcome. Min 6/Max 12. – 10 WEEKS. Class fee: \$110.

Stone

51455	Beg/AdvBeg	3/31-6/2	8-9 a.m.	Th	
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DOUBLES STRATEGY

Drills and instruction on how to play better doubles and win more doubles matches. 16 Yrs. & up Min 4/ Max 15 10-WEEKS. Class fee: \$130.

Sena

51458	Int	3/28-5/30	8-9 a.m.	M	
51459	AdvBeg	3/28-5/30	11-noon	M	

Somerset

Tu	\$130
W	\$130
Th	\$130
F	\$130

El Dorado West**Scherer**

Sa	\$144
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El Dorado West**WORKOUTS FOR ALL LEVELS**

Fun drills, games, instruction and non-stop movement, 16 Yrs & Up Min 4/Max 12 10-WEEKS. Class fee: \$130.

Sena

51460	All Levels	3/31-6/2	8-9 a.m.	Th	
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EL Dorado West**DIFFERENT STROKES**

Specific instruction provided to adjust and improve all your tennis strokes. 16 Yrs & up Min 4/Max 12 10-WEEKS. Class fee: \$130.

Sena

51461	Int	4/1-6/3	6-7 p.m.	F	
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EL Dorado West**CARDIO TENNIS**

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 Yrs & up Min 6/Max 12 – 10 WEEKS. Class fee: \$130.

El Dorado West

51456	All Levels	3/29-5/31	11-noon	Tu	
51457	All Levels	3/30-6/1	6-7 p.m.	W	

Pros

**TRAIN HARDER
PLAY SMARTER**

SOUTHERN CALIFORNIA TENNIS ACADEMY**BEGINNERS WELCOME****El Dorado Park Tennis Center****2800 N. Studebaker Rd., Long Beach 90815**

For more information contact Mitch Bridge at
1 (562) 386-8600
info@sctennisacademy.com
www.sctennisacademy.com

Valter Paiva
TENNIS ACADEMY

BILLIE JEAN KING TENNIS CENTER

1040 Park Ave. Long Beach, CA 90804

Find us on Facebook and Instagram



For more information contact

Valter Paiva at:

1 (562) 266-8882

info@valtertennis.com

www.valtertennis.com

SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **Bridge the Gap Tennis**. Mail immediately as classes fill up fast!
Send to: **Bridge the Gap Tennis**, 1040 Park Ave., Long Beach, CA 90804 or
drop off at NJK or El Dorado Pro Shops. For more information please call 1 (562) 438-8509.

RESPONSIBLE PARTY _____

ADDRESS _____ CITY/ZIP _____

WORK PHONE _____ HOME PHONE _____

STUDENT NAME _____ BIRTHDATE _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ DATE _____

CLASS# _____ FEE _____

CLASS NAME _____

CLASS# _____ FEE _____

CLASS NAME _____

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ EXP DATE _____ CCV CODE _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.

Use Our Online Forms to Obtain Permits and Reserve Public Spaces

Did you know our online system is available to reserve:

PARK COMMUNITY CENTERS

POOLS

PICNIC AND BANDSHELL AREAS

AMPITHEATERS

THE ARCHERY RANGE

GYMNASIUMS

ATHLETIC FIELDS

BEACHES AND WATERWAYS

PERMITS TO GATHER IN OPEN SPACES FOR SMALL GROUPS

Fill out the online form and receive immediate digital confirmation.

Visit: forms.longbeach.gov. Fees for use can also be paid online.

LB Parks.org

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CITY OF
LONGBEACH



REGISTRATION FORM

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It's easy to register:



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or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By Mail: Send completed form and
payment (include address,
phone number and class #(s))
on the check) to:
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



By FAX: to (562) 570-3113
Confirmation will not be sent.
Retain publication for reference



In person: Bring completed form
and payment to the office,
Monday-Friday 8 a.m.-5 p.m.
For more information call
(562) 570- 3111

Main Contact

☐ Check this box if address or phone number has changed.

Name: _____ Address: _____

City _____ Zip _____ Main Phone (_____) _____ Work Phone (_____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

	Last Name	First Name	Birthdate	Male/female circle one
1				M / F
2				M / F
3				M / F
4				M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee

Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 4-6 weeks for refunds.

Total	\$
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METHOD OF PAYMENT

☐ Check (payable to City of Long Beach include class #, complete address & phone #.) ☐ Money Order

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8 a.m.-5:00 p.m.

LONG BEACH PARKS, RECREATION & MARINE
2760 STUDEBAKER RD.
LONG BEACH, CA 90815

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PERMIT NO. 3493

A group of eight diverse high school students, all wearing blue polo shirts and face masks, are posing in front of a modern building with a large sign that reads "ACE Academy". Some students are making hand gestures. The building has a blue and grey facade. The sky is clear and blue.

Educating Tomorrow's Leaders

The Port of Long Beach is helping develop the workforce of the future, offering high school and college scholarships and partnering with LBUSD, LBCC and CSULB in programs designed to train students at all levels for careers in logistics and trade. Find out more at polb.com/education.

The logo for the Port of Long Beach is a white square containing a stylized white "P" shape. To the right of the square, the text "Port of LONG BEACH" is written in a bold, sans-serif font, with "THE PORT OF CHOICE" in a smaller font below it.

Port of
LONG BEACH
THE PORT OF CHOICE